



# Grace Judson



## Managing the Emotions of Change: simple tools for effective leadership in a world of constant disruption

I'm a leadership geek!

And when I look back on my career and my life, it's all there. All the many things I'm interested in and have studied come together in this thing called *leadership*. And when I look at where I serve my clients best, there it is: leadership.

I speak on real-world topics, presenting practical tools that attendees can use to change their professional and personal lives.

For 16 years, I held leadership positions in global organizations. In 2005, I realized I could have a more meaningful impact as an external consultant. Since then, it's been my mission to help leaders, teams, and individuals become the leaders they truly are.

I teach at local colleges and universities, speak for nonprofit and professional groups, and I wrote the manual on navigating politics in the workplace: *Office Politics: the elephant in the conference room*.

I'd love to come speak for your group or organization.

Does the idea of change tie your stomach in knots? Or maybe you've watched someone come undone when their normal routine is disrupted?

Change initiatives often fail because of the emotions they evoke, usually because those emotions are glossed over or ignored. Discover the science behind why we respond the way we do and learn simple tools to manage the emotional impact of change - so you can keep yourself and your team moving forward!

In this session, participants will

- ◆ Recognize the root causes of resistance to change, so you can work *with* them instead of struggling against them
- ◆ Learn the brain science behind emotional reactivity, so you can stop guessing about what's going on, and start responding effectively
- ◆ Discover how to manage the emotional impact of change and resistance to change, so you can move forward and achieve your goals

"I was inspired watching Grace deliver clarity-on-the-fly to ten peers in a monthly 90-minute ATD Special Interest Group which she facilitates. From content-rich pre- and post-meeting materials, to the time-rips-by comfortable meeting flow, I believe everyone walked away feeling grateful to have participated."

~ David Winkelman, Change Management Trainer



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