



# Grace Judson



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

I help companies develop the change leadership skills essential for successful, sustainable change.

Change leadership is not the same as change management - and learning change leadership reduces burnout and increases engagement.

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. It's 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 present for your group or organization. My contact information is at the bottom of this page to the right!

Does the idea of change tie your stomach in knots? Or maybe you've watched someone come undone when their normal routine is disrupted - such as with the COVID-19 pandemic!

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

"Grace is unlike any speaker that I have heard before. She was excellent at connecting change management and leadership to what we do. There is something unique and highly effective about her style - it occurs as teaching, coaching, and mentoring, not preaching."

~ Julie Derry, Owner / Executive Director, CarePatrol of San Diego



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~ change leadership for successful change initiatives ~