



Grace Judson



Change Leadership: the *people* side of change management

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

Change leadership is not the same as change management - and the skills of change leadership reduce burnout and increase 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!

Change is coming at us faster and faster. The consulting firm Accenture recently released a report showing that the rate of change increased by **33%** just in the last year alone.

Meanwhile, internal change initiatives often fail because of the emotions they evoke, usually because those emotions are glossed over or ignored.

When managers, leaders, and individuals understand the ways in which change creates uncertainty or anxiety *and* excitement and anticipation, they can help themselves and their teams participate actively in essential change initiatives - and avoid change fatigue and burnout.

In this session, participants will

- ◆ Recognize the root causes of resistance to change, so you can work *with* them instead of struggling against them
- ◆ Understand the brain science behind emotional reactivity, so you can stop guessing about what's going on, and start responding effectively
- ◆ Learn simple, effective, and, yes, *fun* tools to use in helping themselves, their teams, and their organizations navigate the unavoidable impacts of change and disruption

"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 ~