



Grace Judson



Managing your Inner Critic: how to stop the rotten-tomato fight in your head

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!

Your inner critic is holding you back. It's holding you back from doing what you deeply desire to do, and being who you truly are.

Waiting for it to be quiet and go away - well - it just doesn't work. You'll wait forever. And that would be *really sad*.

Instead, you can learn how to turn down the volume on the inner critic and take action toward what you most want.

In this session, participants will

- ◆ Learn the *one word* that stops the inner critic in its tracks (so you can start using it!)
- ◆ Discover the neuroscientific facts that explain why it's so hard to shut the inner critic up
- ◆ Identify the characters in your crew of rotten tomatoes so you can gain perspective (and even a sense of humor!)
- ◆ Understand why affirmations often don't work - and how to create ones that do

"Grace is not only a great speaker but does it with a sense of humor and ease. She presents information in an easy-to-understand format and is well versed in the subject matter. We only wish there had been more time for discussion. We will definitely have her back again!"

~ Michele Love, Marketing & Talent Development Manager,
Benchmark Group, Rogers, Arkansas



Grace Judson

www.gracejudson.com

760 . 521 . 5720

grace@gracejudson.com

~ change leadership for successful change initiatives ~