



Grace Judson

KEYNOTE & WORKSHOP TOPICS

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

- ◆ Recognize the root causes of resistance to change
- ◆ Learn the brain science behind emotional reactivity
- ◆ Discover unique, practical, immediately-applicable tools to manage the effects of resistance for yourself, your team, and your colleagues
- ◆ Use these new tools to guide yourself and others through the challenges of disruptive change

This program is available as a keynote, a breakout session, and a half-day workshop.

Office Politics: the elephant in the conference room

- ◆ Learn the four key concepts that unlock the mystery of authentic, non-icky politics
- ◆ Act from a new, more meaningful (and more realistic!) definition of office politics
- ◆ Radically improve your communication skills
- ◆ Begin developing fluency in the tools of respectful politics (yes, they do exist)
- ◆ Make interpersonal politics work for you - with integrity

"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

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!



Grace Judson

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~ change leadership for successful change initiatives ~



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KEYNOTE & WORKSHOP TOPICS

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

- ◆ Learn the *one word* that stops the inner critic in its tracks
- ◆ 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

My presentation style is interactive, informal, and frequently funny.

I focus on practical, useful, bite-sized tips, tools, and practices. I want every attendee to leave planning to implement *at least* one thing from the program - one thing that will make their relationships and lives better.

I actively invite questions and interaction, and I love the challenge of coaching and problem-solving on the fly as the discussion unfolds.

Virtual presentations are always available; I am familiar with several of the most popular presentation platforms, and can host on my own Zoom account.

Interested in learning more about these topics? Want to check my schedule for presenting for your event? Curious about options for change leadership in your company? Let's talk! My website URL, phone number, and email address are over there to your right.

Additional details on each topic, as well as demo videos, are available on my [website's Speaker page](#).

All programs include ...

- ◆ Optional email follow-up with prompts for learning the tools and practices

In-person programs include ...

- ◆ Opportunities for one-on-one coaching consultations

"Grace is professional, articulate, and has a great sense of humor. I have had the pleasure of going to her workshops and always walk away with something that significantly helps me. She integrates her vast knowledge and experience with practical applications to make ideas clear and usable."

~ Nancy Kay, licensed counselor & certified coach, Fayetteville, Arkansas



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