



Grace Judson

KEYNOTE & WORKSHOP TOPICS

Meet your Inner Leader: how a good leadership model informs your entire life

- ◆ Discover and debunk pervasive myths about leadership that keep you from believing you can be (already are!) a leader
- ◆ Learn the *facts* about what leadership actually is and what it actually means
- ◆ Explore the things that truly matter to you - the things your inner leader believes in, is committed to, and can guide you to exemplify
- ◆ Create action statements for your inner leader to use as prompts and guides for how you show up in the world
- ◆ Experience *yourself* as the leader you already truly are

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

“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 executives build successful, profitable companies by developing their managers into true leaders. Because all else being equal - you have a solid product or service and reliable delivery process - it's your mid-level and first-line leaders who make the real difference.

People deserve leaders who help them grow. And better, more humane leadership is essential in today's rapidly-evolving world.

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 present for your group or organization.

I've been conducting virtual programs since 2005 - remember conference calls? - and I have a fully-equipped office video studio.



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~ helping midsize companies turn managers into leaders ~



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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

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 engagingly 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 a specialty, and I am familiar with several of the most popular presentation platforms, and can host on my own Zoom account.

Topics are available as keynotes, breakout sessions, lunch-and-learn programs, and half-day or full-day workshops.

Interested in learning more about these topics? Want to check my schedule for presenting for your event? Curious about options for leadership development 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](#).

"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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