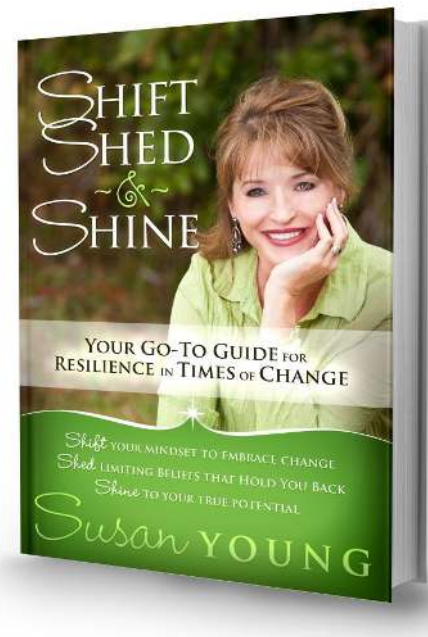




SHIFT, SHED & SHINE

How To Thrive In Times of Change

CHANGE... Isn't going anywhere. In fact? It's more a part of our everyday reality than it ever was. With blink-of-an-eye communications and smartphones always within reach – we are running at breakneck speeds – too often, out of balance. How can you stop you the insanity, CALM the chaos and greet change from a position of STRENGTH and enlightened AWARENESS? Keynote Speaker Susan Young brings it all into focus in this HIGH-IMPACT program based on her new book, "Shift, Shed & Shine." Filled with uplifting insights, powerful principles, and life (and career) changing tools, you will find the solutions you need to live your BEST life NOW!



Learning Objectives

ACTIVATE natural laws of CHANGE to work in your FAVOR

- Mind the Gap – and why that makes ALL the difference
- Learn SPECIFIC STRATEGIES to UN-STUCK to move forward
- Engage 13 IMMEDIATE methods to SHIFT your mindset instantly
- Stay ENERGIZED and FOCUSED on the good stuff
- SHED limiting beliefs, habits and hang-ups that hold you back
- Nix negative thought patterns
- OVERCOME fears and resistance of change
- Activate 13 ways to SHINE in your true potential
- Utilize the power of learned OPTIMISM, FLEXIBILITY and GRATITUDE
- Bounce back from adversity (and get the BETTER of it)
- FLIP internal dialogue from WOE to WOW!
- UNLOCK life transforming tips to Rev Up Your Resilience
- NAVIGATE life's twists and turns and ENJOY the ride
- CHOOSE to FLOURISH rather than flounder
- Employ POSITIVITY principles with Positive Psychology
- Emerge as a stronger, happier, more authentic and EMPOWERED person