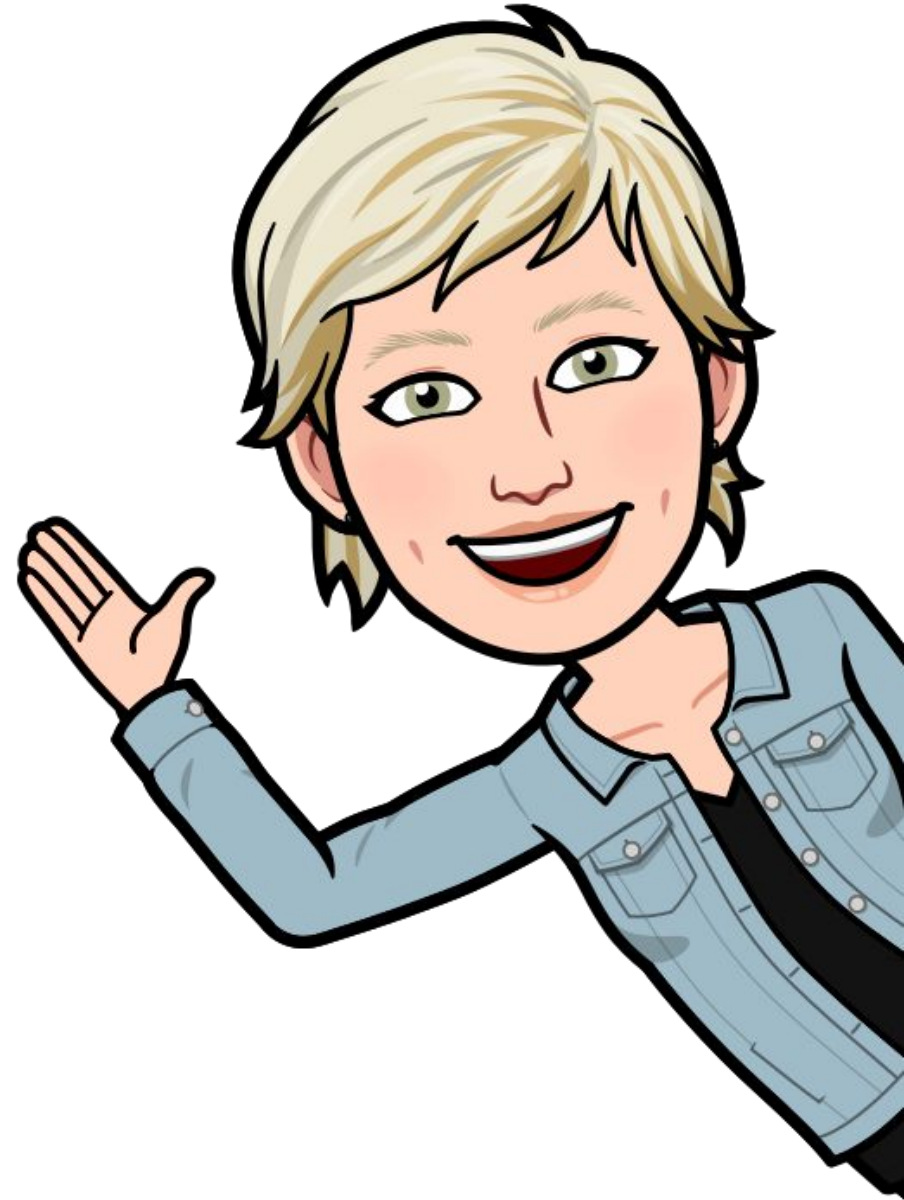
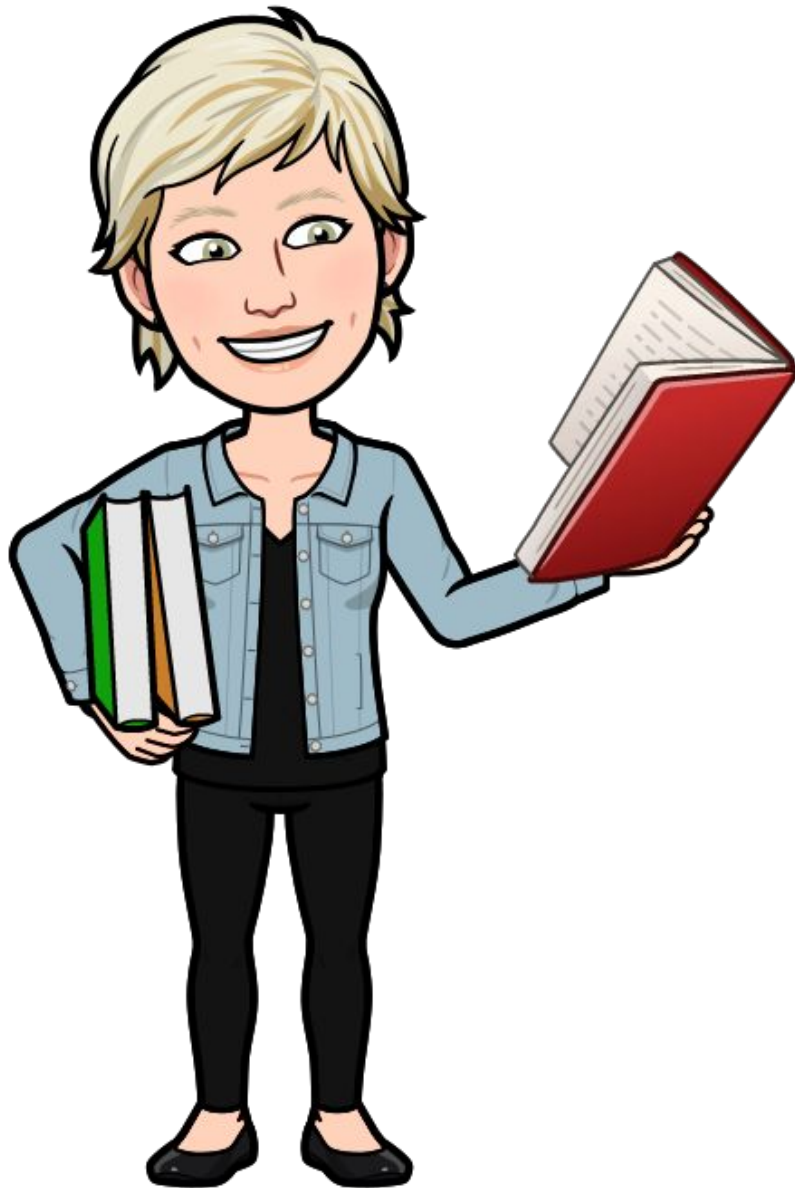


Spare Change





I Spy Change



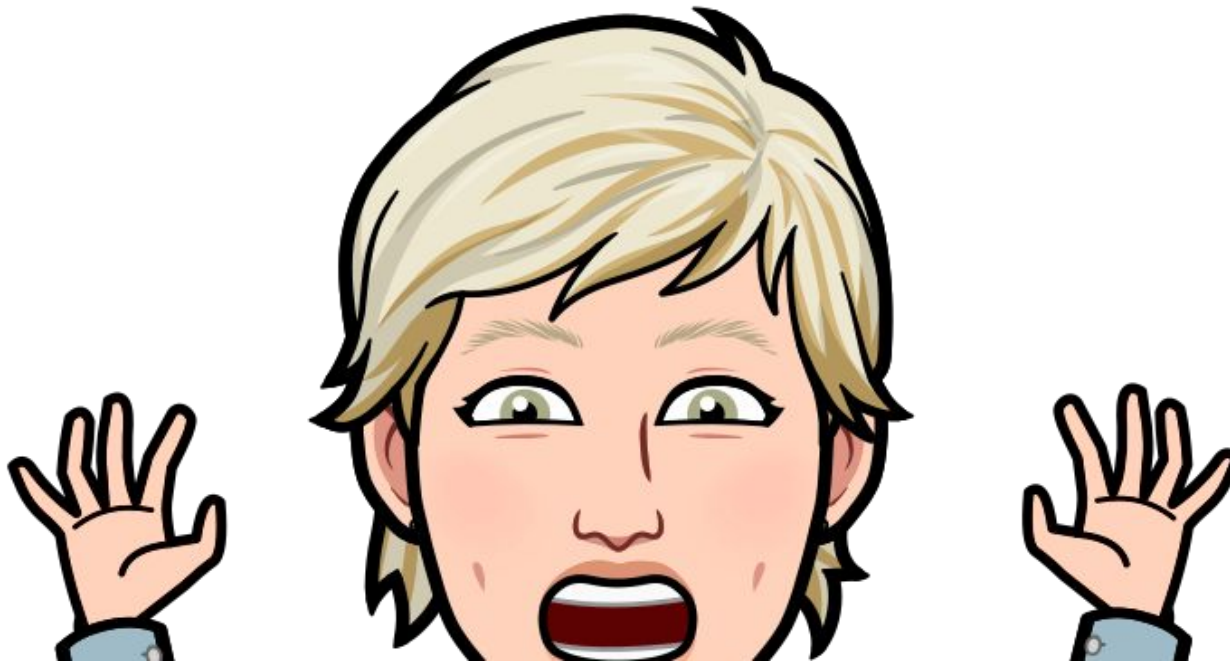
change [cheɪnʃ]

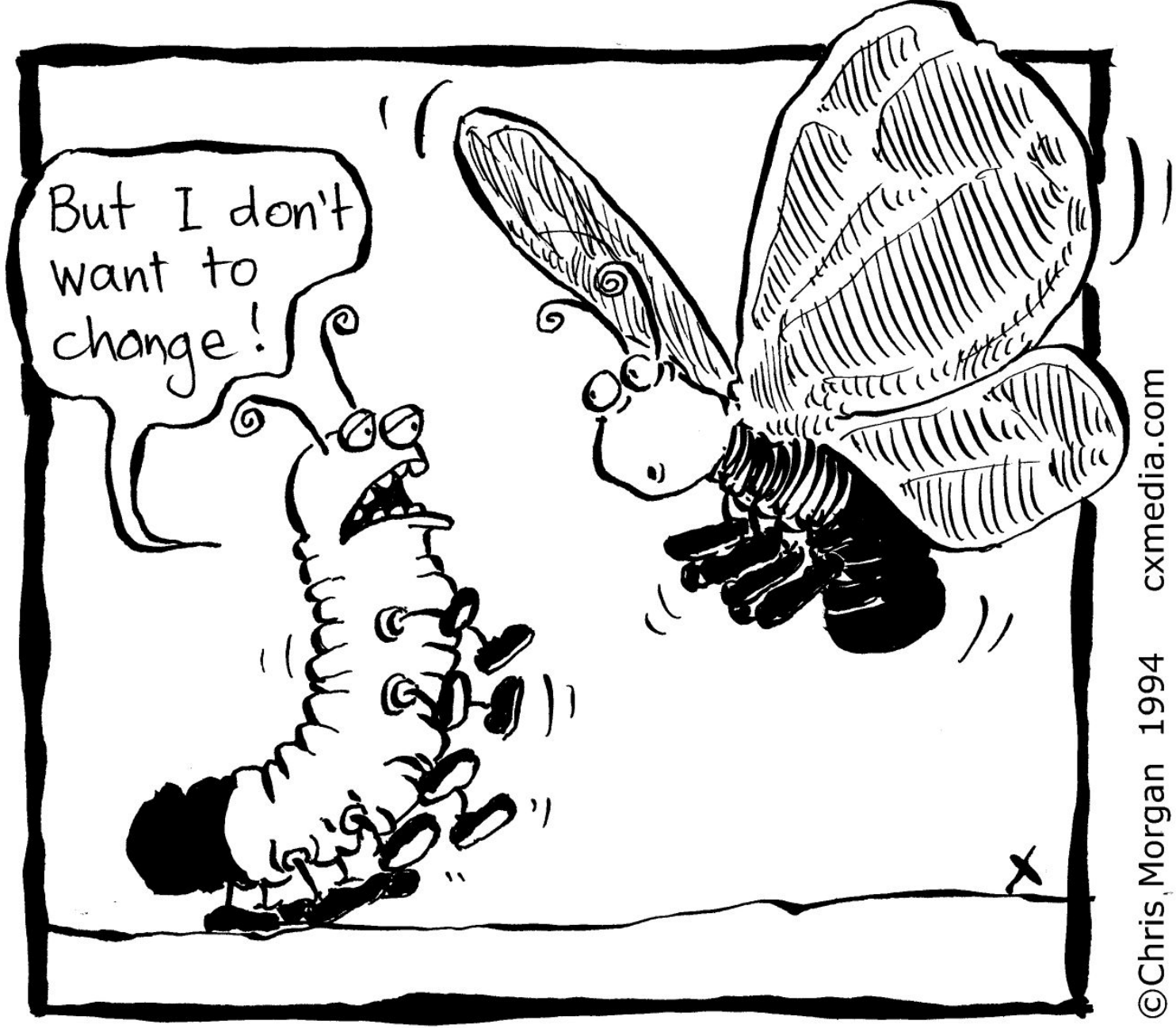
–*verb*

to make the form, nature, content, future course, etc., of (something) different from what it is or from what it would be if left alone: to change one's name; to change one's opinion; to change the course of history.

change is guaranteed

- Death, taxes...and change
- As we change, the world will change
- Change before you have to





But I don't want to change!

change is good



rules of change

by George and Sedena Cappannelli

1. Change is exciting, remarkable and unavoidable
2. Can sometimes be a little messy
3. Takes time, patience, commitment and courage
4. Involves a little discomfort (usually short-lived)
5. Requires persistence, planning, trust, sense of humor and an investment of time and energy
6. Succeeds most when body, mind, emotions and spirit are given attention
7. Is the best game in town and when you say yes to it, the rewards are extraordinary

successful change

- Check your foundation
- Begin at the beginning
- Be committed
- Persevere
- Recover quickly



condition yourself for change

- Change your routine, mind, clothes
- Evaluate your expectations
- Take (almost) nothing seriously



change challenge



I dare you to flip your part for the remainder of this presentation.

No hair? No problem!
Use your non-dominant hand from this point forward.

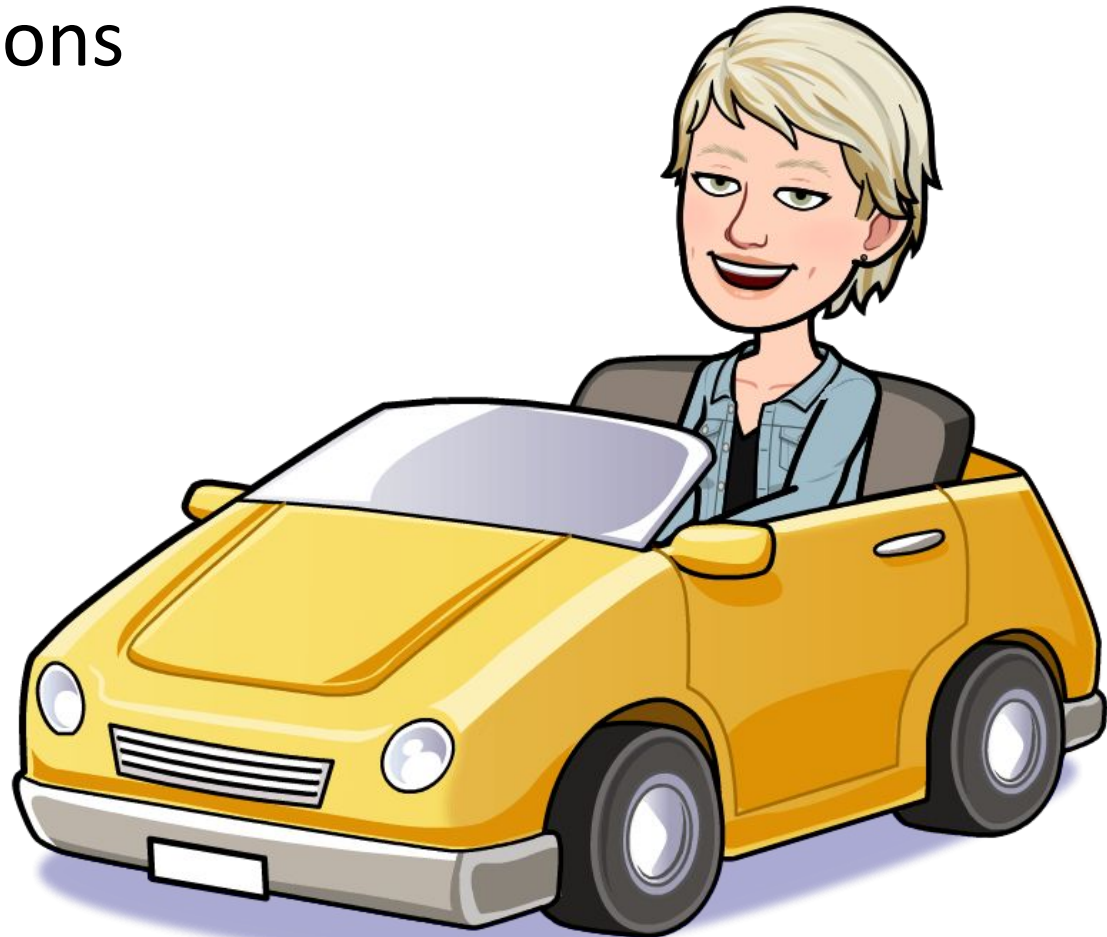
commit yourself



- Clarify your commitment
- Surround yourself with committers
- Stay the course

expect the unexpected

- Map out detours
- Avoid generalizations
- Avoid deletions
- Avoid distortions



keep calm and carry on

- Trust in your abilities
- Pitch the word “perfect” out
- Look for alternatives
- Seek support



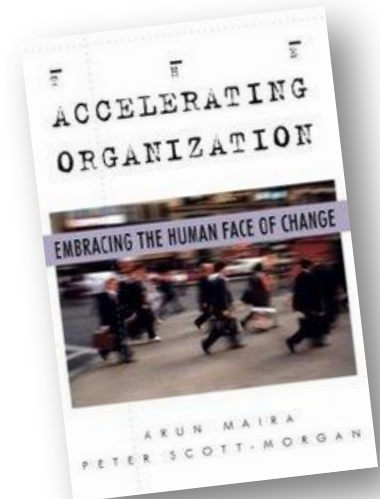
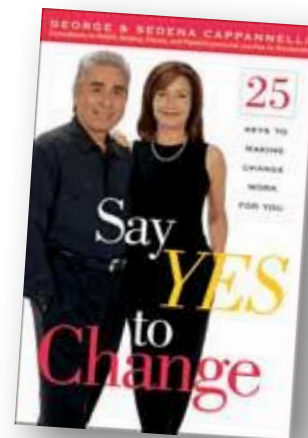
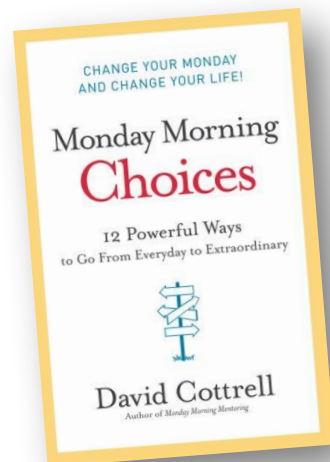
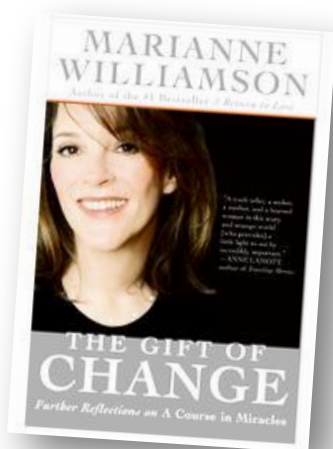
change your attitude



- Recognize that change is inevitable
- Remember you always have choices
- Seek out positive people
- Look for solutions not excuses

Resources

- *The Gift of Change* by Marianne Williamson, 2004
- *Monday Morning Choices* by David Cottrell, 2007
- *Say Yes to Change* by George and Sedena Cappannelli, 2002
- *The Accelerating Organization* by Arun Maira and Peter Scott-Morgan 1997



**Now,
who's got
change?**

