

CHANGING YOU!

TAKING CHARGE OF CHANGE



CONFLICT COACHING TALK SERIES

TITLE: The Change is You! - Taking Charge of Change

DESCRIPTION:

Changing requires action. As it relates to changing something about you, there are two important areas to consider: overcoming your fears and asking yourself if you are willing and able to take risks. It is fear that holds us back in taking the necessary risks to change. When you understand what fears you have, you then can become 'risk ready' to take the necessary steps forward in Changing You!

THIS TALK FOCUSES ON:

- ✓ Overcoming Fear
- ✓ Identifying if you are Risk Ready

TALK LENGTH: 1-hour / **CONTACT:** coachgary@gmail.com

STANDARD FEE: \$127 per hour.

Fees are negotiable if additional time is requested.