

Kelli S. Vrla, CSP

Keynote & Breakout Course Descriptions

"Life *is* change. Growth is *optional*. Choose wisely."

Competencies Addressed: RESILIENCE & ADAPTABILITY

Keynote: "How to Handle Change Before Change Handles You: Cool Amidst the Chaos"

Learn the art of constant flexibility. Unleash your power to survive and thrive with a high AQ (Adaptability Quotient). Learn how to handle change in your own world, as well as lead change in your organization. Kick-Start your productivity meter and recognize when you're moving forward or in circles in the Change Cycle. Real-Life Remedies for Real-Life Challenges!

Continued Application Through BREAKOUT SESSION:

Suggested Program Titles:

1. "The Leader's Role in Making Change Happen (We're all Leaders in the Change Movement)"
2. "How to Remain Resilient Amidst the Challenges of Change"
3. "Over, Under, Around & Through: Navigating the Speed Bumps of Change"

(Can be customized for management leading a change or staffers going through changes:

The Leader's Role in Making Change Happen (We're all Leaders in the Change Movement)

- Understanding why we and others often instinctively resist change
- Top reasons why organizational change often fails
- Important considerations to address before introducing any change
- The keys to overcoming staff resistance (and your own) to change
- How to project confidence that inspires you & your staff during change or transition
- What you must do as a leader or staffer when people flatly refuse to embrace critical changes

You will walk away with tools to stay laser focused, while helping your organization remain more resilient during daily, weekly, monthly & on-going changes!



"A festive delivery of relevant, memorable and immediately-transferable skills!"

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