

About the Presenters:

Kay Caskey, ACSW, and Laurie Young, MA, NCC, are educators and Holistic Health Specialists. For over ten years they have given nearly 600 keynote presentations and workshops to such diverse organizations as the United States Post Office, the National Wellness Conference, Dow Corning, Henry Ford Health System, the National Council on Aging, Domino's Pizza, Thrivent Financial and the W.K. Kellogg Foundation. They both teach graduate courses in Holistic Health at Western Michigan University.

Comments from participants:

Your *Great Expectations* program was incredible! It was encouraging to watch employees from all over this division interacting and participating in such a positive way. Needless to say, the program was a terrific success.

K. McGrath, Certified Purchasing Manager, Michigan State University

You have that rare gift of making a complex subject enjoyable yet educational. All who attended are still talking about your presentation.

Carol Glazier, Education Coordinator, St. Joseph Mercy Hospital

The tools you presented are as essential to peace of mind as a hammer is to the crew that is building my new house.

Pauline Lowenborg, Manager, Pharmacia

Staff feedback on your program has all been unbelievably positive. I would recommend this workshop for anyone, no matter what their career. We are extremely grateful for your presentation.

Marsha Rademacher, Michigan State Police Training Coordinator

Programs vary in length from 1/2 hour to full day.

For more information contact:

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Great Expectations



*...a light-hearted
look at change.*

Feeling a little overwhelmed by all the hats you are asked to wear? Hard to keep your balance with all of the changes in your life? You are not alone!



Change, along with death and taxes, is inevitable—and almost as disagreeable. Psychologists tell us that change is our greatest source of stress. Yet recent studies reveal that our *response* to change and our ability to remain flexible is more important to health and happiness than the actual number or severity of challenging events. All

change, even that which we actively choose, comes with some stress. Some people and organizations seem to be able to adapt to changes better than others. What are their secrets? In this program, learn how to overcome change barriers and thrive during chaotic, challenging times.

It was not so long ago that people thought that semi-conductors were part-time orchestra leaders and micro-chips were very, very small snack foods.

Geraldine Ferraro

"The only person who likes change is a wet baby."

Author unknown

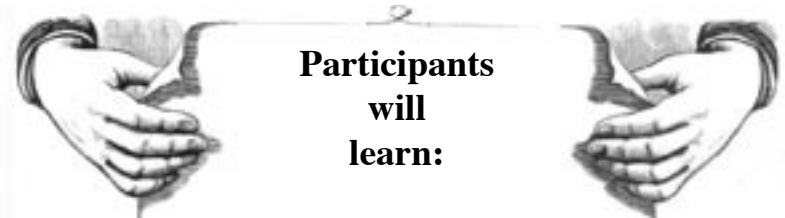


Tired of hearing how change is “good”? Feeling stressed out, out of the loop, or out of control? Ready or not, change happens, and continuing, relentless, inevitable change is the dominant factor in our society today. Change can be a difficult and painful ordeal, especially when it feels imposed. But resisting, worrying, and finding 50 reasons not to get on board can make us change victims.

What the caterpillar calls the end of the world, the master calls a butterfly.

Richard Bach

We won't tell you that all change is good for you. Some changes, while necessary, are downright awful. We will give you some specific strategies and tools to help you evaluate your situation, your assets, your options and your responses.



**Participants
will
learn:**

- ☞ The different types of change and the impact of each
- ☞ How to evaluate your personal reaction to change
- ☞ How your response to change can impact you at work & at home
- ☞ The best techniques to give and receive input about changes
- ☞ How to create a plan to deal with the stress of change
- ☞ Strategies used by the best to weather imposed changes with grace
- ☞ The change agent's secret weapon