Navigating Life's Changes: The Six Key Elements

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Our lives change constantly. What's important to us changes; and our careers and relationships shift continuously. We need to develop the life skills and tools necessary to embrace these changes.

You can have that successful career and the joy that comes from doing something masterfully. You can create that fulfilling relationship with a significant other that keeps evolving. You can wake up in the morning excited again.

To do this you must develop the practices and tools to embrace these challenges rather than avoid or react to them. In this presentation you will learn the six key elements that will transform your relationship with change. Your life can become an exciting journey of discovery, rather than one of struggle and resistance.

Topics include:
Live your life from your center by making time for reflection
Be true to yourself and your values beyond your business
Let go of resistance and take the first steps towards what you want
Create goals and challenges that get you out of your comfort zone
Practice gratitude by focusing on what you have, not what you don't
Develop the mind-set of being comfortable with the unknown

Bio

Mark Susnow has had a unique and varied career involving multiple transitions. A former trial attorney for 30 years, Mark has been covered by the major media including Rolling Stone. In 2000 inspired by the new millennium, Mark sought a new career and trained to become a life coach.

Since then Mark has worked with over 1000 people helping them navigate the shifting currents of life. Mark's new book, Dancing on the River: Navigating Life's Changes is now available, http://tinyurl.com/DancingRiver. In addition to his work in the business world, Mark is an accomplished musician who has played saxophone, clarinet and flute in clubs throughout the Bay Area and Hawaii.
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November 18, 2010 Noon to 1:00 PM

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