

SEVEN WAYS TO STAY MOTIVATED IN A CHANGING WORLD

Today's change is unlike any ever confronted. Change is more rapid, more complex, more turbulent and more unpredictable than ever before. Our lives seem to be a continual, never-ending series of changes, with shorter and shorter rest periods.

Most of the time, we react to change in a positive and productive manner, but sometimes we feel frustrated, overwhelmed and exhausted. Keeping ourselves above water in the face of change, demands new beliefs, skills and strategies.

Let Dr. Don Melnychuk, a nationally recognized speaker who has worked with thousands of men and women across Canada in the areas of stress and change management, strengthen and increase your coping resources to manage change.

This session will provide you with the techniques and strategies that will help you add more vitality to your day, learn the practice of recovery management, become a possibility thinker, identify the skills that develop positivism and learn seven ways to stay motivated.

Dr. Melnychuk will help you:

- Understand the nature of change
- Identify the three types of change
- Examine where the key demands in your life are coming from
- Understand the change paradigm
- Become aware of the stages of the loss curve
- Discover ways to be a possibility thinker
- Strengthen and increase your coping resources
- Stay motivated seven different ways

CLIENT FEEDBACK:

"Your topic - "Seven Ways to Stay Motivated in a Changing World" was, well, positively motivating! **Feedback from our organization's membership has been nothing short of overwhelming**; we look forward to inviting you back soon to share with us your uplifting ideas and riveting presentation style."

– H. Schulz, President, REACH Conference

"We recently had the opportunity to bring Dr. Don Melnychuk to Medicine Hat as our keynote Speaker for our Interaction! Business to Business Expo. He presented "Seven Ways to Stay Motivated in a Changing World" to a **sold out crowd** at our Kick-Off Luncheon. This session contained valuable information that was extremely beneficial for our Chamber members and their staff who attended. Comments from those who attended were very positive. Don presented valuable information in an easy to understand and entertaining format which made the sessions very enjoyable. Numerous people took the time to comment to us on how much they enjoyed the presentation and hoped that we would bring Dr. Melnychuk back again."

– Josie Doll, Events Manager
Medicine Hat & District Chamber of Commerce

"Your recent presentation at the Canadian Information Processing Society (CIPS) Edmonton Fall Conference was terrific. It was a pleasure to meet and then schedule the co-ordination of your speaking engagement to our 450+ attendees. Your mission to share **the dynamics of life's philosophies and your own motivation were very inspirational**. You were the talk of many, the next morning, with remarks being made to your enthusiasms, passions, and your 'GO, get em!'" I personally enjoyed your warmth, sincerity and great humour. You are without question a talented presenter and entertainer. Don, I wish you continued success and fun in your life. You deserve to be empowered by the messages you deliver to so many."

– Cathy Warrender, Hospitality Co-Chair
Canadian Information Processing Society

"On behalf of the staff of Deloitte & Touche, I would like to thank you for your excellent session presented at our Annual General meeting. The feedback I received from staff members was very positive and your suggestions on staying motivated were both entertaining and informative. Your warm **enthusiastic approach** helped make our meeting a success. Once again, Don, thank you. It was a pleasure meeting you and I look forward to working with you again in the near future."

– Brenda Lowey, CA CPA, Partner, Deloitte & Touche