

Choice in Change – When it’s Your Own. When It’s Not.

John Grillo

Independent Coach/ Speaker – President JG Vault Coaching

Summary

My talk will discuss the inevitability of change in your life and in your career. Many times, change is forced upon us and we have no choice. Other times we solicit ourselves and others to make change a choice.

I will discuss preparing for change before it happens. Being in the right frame of mind to begin with can help you cope much better than when you are not. One can train themselves to be optimistic, positive, have belief in themselves and confidence, to overcome limiting beliefs from childhood, to believe life is always working for them and to be general in a powerful state of mind.

Too often people are the opposite of being in a positive state, mostly from limiting beliefs and experiences from childhood that carry into adulthood. This puts them in a position where they experience among other negative attributes, stress, anxiety, overwhelm, pessimism, a lack of confidence, unworthiness and a lack of belief that life is always working for them. Most importantly, they find themselves in a negative comfort zone which prevents them from seeing new experiences in a welcoming manner, including changes that emanate from ones personal, work or business life.

I will discuss how can you stay in your power for the changes you want to make and how to cope when change is unwanted and forced upon you. I will begin my conclusion by discussing some general guidelines for keeping in optimal mental and physical strength and summarize

Theory / Method / Workflow

The following outline will be used to structure the talk

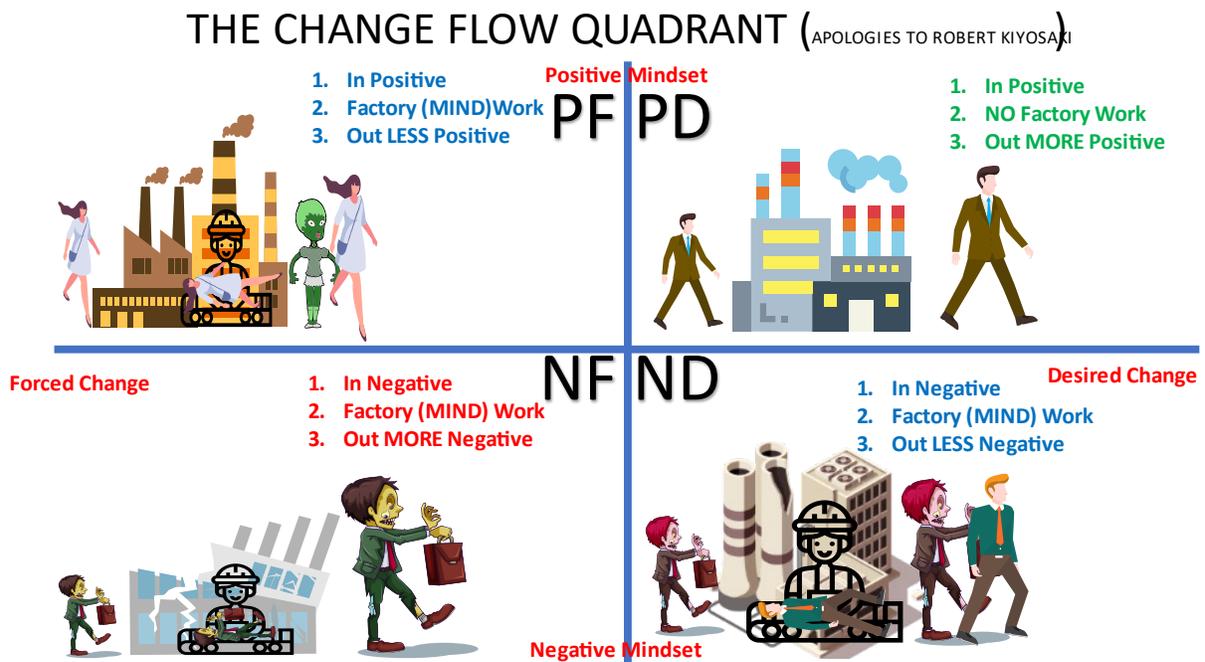
- Change in a Life is Inevitable
- Change in a Career is Inevitable
- Change is Often Forced Upon
- Change Can Be from Choice
- The Change Flow Quadrant
- How to Prepare for Change Before it Happens
- How to Make Choices for Change When You Desire It
- How to Cope When Unwanted Change is Forced Upon You
- More General Guidelines
- Summary

Results, Observations, Conclusions

My general theme and conclusion will center around how you always have a choice with respect to experienced changes, even when you feel you do not. The experience of a change is directly related to ones thinking regarding the change. I will illustrate this concept borrowing from Robert Kiyosaki’s Cash Flow Quadrant and create the “Change Flow Quadrant.” We always have power and choice over our thinking. If one goes through life feeling as victim or they are not in control of their lives, they could look at even a positive change negatively. I will emphasize the importance of mindset and tips to keep a more positive mindset.

Novel/Additive Information

(Version 1.0 of this Diagram – Expect some modifications but the concept will be the same)



Acknowledgements

To Mr. Robert Kiyosaki who inspired the Change Flow Quadrant analogy to his Cash Flow Quadrant.