

Making Change Work for You!

Cultivating Optimism and Enthusiasm in Challenging Times

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"Regardless of the situation, we always have two options:

we can go crazy or we can go peacefully!"

- *Adele Greenfield*

Two Psychological Ways of Being:

1. Reactive
2. Responsive

Three Keys to Managing Change Successfully:

1. Awareness - Know yourself and the truth about change
2. Action - Learn skills for greater competency and resiliency
3. Consistency - Practice frequently to master new habits

Align Actions with Values for a More Positive Outcome:

1. Stop . . . "Oh, hello habit energy"...
2. Breathe . . . Get centered
3. Reflect . . . Evaluate wisely
4. Choose . . . Select helpful thoughts, feelings and actions

Five Questions to Build Foundational Self-Awareness Skills:

1. What am I thinking?
2. What am I feeling?
3. How am I behaving?
4. What is my intention?
5. What do I need to do to create my desired outcome?

"By embracing change as a way of life, you can look forward to change as a possibility, an adventure, an opportunity."

-Mark Susnow

Ten Ways to Move Gracefully and Joyfully through Changing and Challenging Times:

1. Remain optimistic
2. Practice "internal disarmament"
3. "Let go" more often
4. Know what your best intention is... and choose it again each day
5. "Make your brain like velcro for the positive"; take in the good
6. Cultivate "Ground Hog Day" moments; do-it-over!
7. When a worry pattern sets in, ask "is this useful"?
8. Play the "What if?" game, in your favor
9. Choose from a place of faith, rather than fear
10. Live fully, love well

"There is no such thing as a problem, without a gift for you in its hand!!"

-Richard Bach

Remember Your "Pledge"!

"I, _____, do solemnly swear to remind myself - every single day - that I am brilliant, talented, gorgeous, fabulous ...and powerful beyond measure!" I hereby commit to the daily maintenance of my own self worth.

I deserve it! I am worth! And I choose it now!"

About the Presenter:

Mary O'Neill, MA, MFT, is a speaker, trainer, and executive coach and founder of **Mary O'Neill & Associates**, a professional development company which offers programs in the areas of emotional intelligence, leadership development, stress management, conflict resolution and team building. She is based in San Anselmo, California.

With two decades of experience as a licensed psychotherapist, Mary is skilled at helping team members easily understand the often challenging communication and interpersonal issues that arise among workgroups everywhere.

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