

IGNITE

YOUR SHIFT

Embracing the *Discomfort* of Change

WITH
ANNE BONNEY

This isn't *that* kind of keynote...

“Life isn’t about
*Waiting for the
Storm to pass..*”

It’s about
learning how to
**DANCE IN
THE RAIN.**”

- VIVIAN GREENE





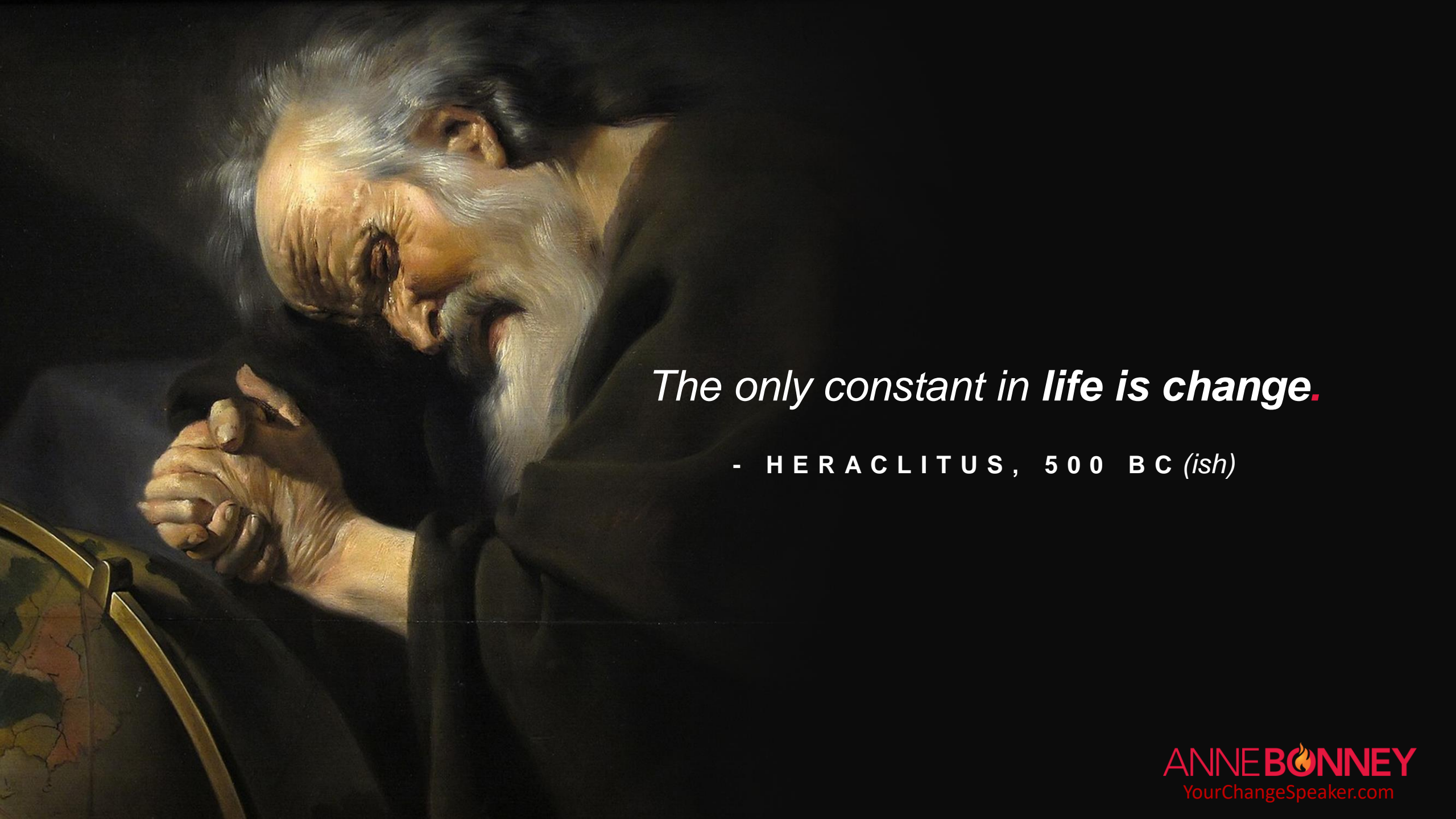
THAT'S ROBIN

Hello I'm
ANNE BONNEY





Hello I'm
ANNE BONNEY



The only constant in life is change.

- HERACLITUS, 500 BC *(ish)*

TYPICAL REACTIONS TO CHANGE

30%

NO!

50%

I'll *wait* and **see.**

20%

YES!



TYPICAL REACTIONS TO CHANGE

30%
NO!



**100 MILLION PEOPLE
CAN'T BE WRONG**

AMYGDALA



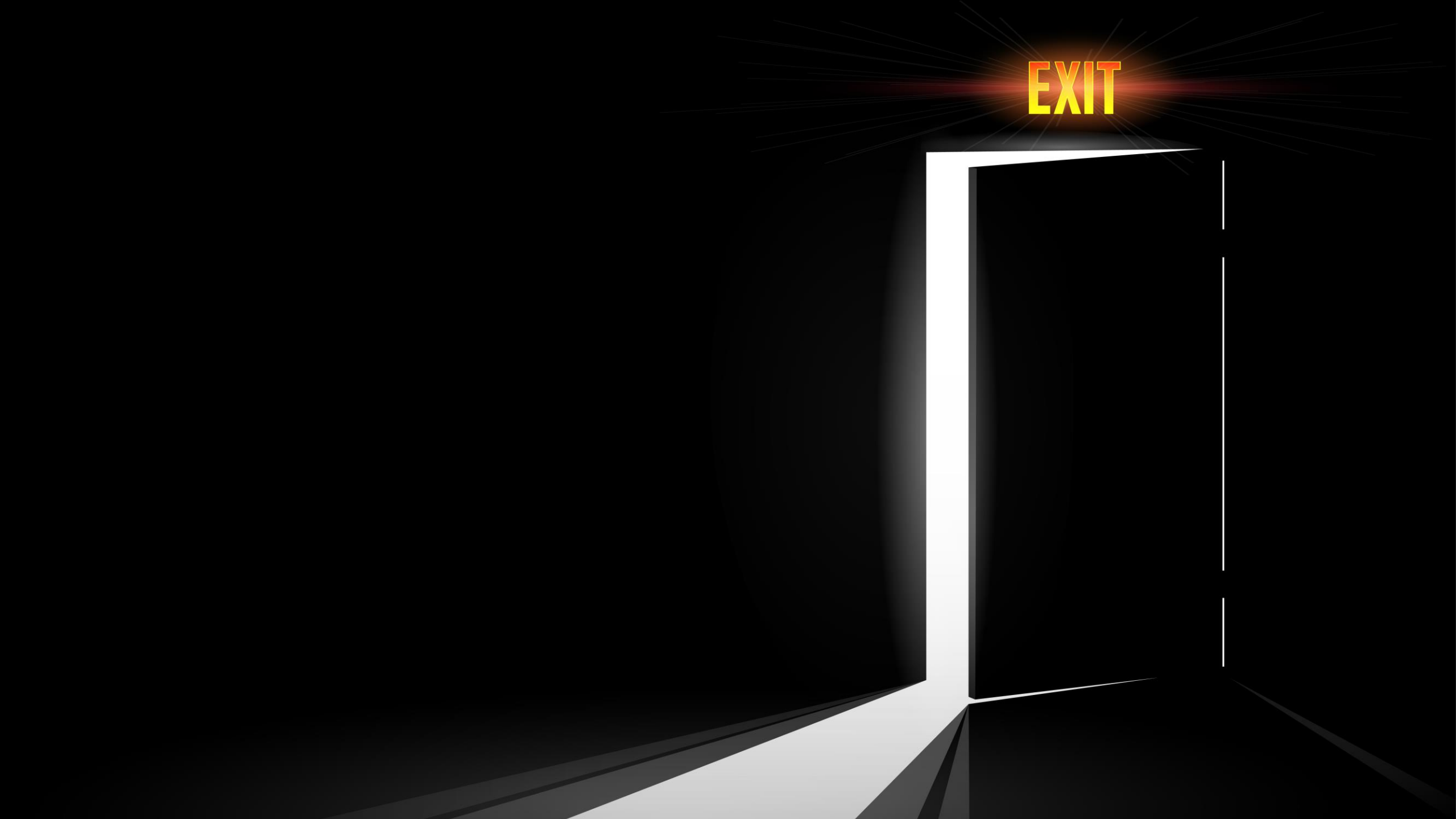
AMYGDALA



COMFORT
ZONE



EXIT





CHANGE



Hello I'm
SALLY

I enjoy

- Twinkies
- Panicking
- Bringing up irrelevant issues from your past
- Long walks on the beach









PROBLEM PLAN





AMYGDALA

**PREFRONTAL
CORTEX**



WHAT CAN I
CONTROL



Sue

1h · 🧑

....and that's how it's done

SIX THINGS MENTALLY STRONG PEOPLE DO

1. They move on. They don't waste time feeling sorry for themselves.
2. They embrace change. They welcome challenges.
3. They stay happy. They don't waste energy on things they can't control.
4. They are kind, fair, and unafraid to speak up.
5. They are willing to take calculated risks.
6. They celebrate other people's success. They don't resent that success.

👍❤️ You and 6 others



Love



Comment



Send

PLAN

**QUESTION YOUR
ASSUMPTIONS**

**UGLIEST
ELVIS EVER**







SENIOR TOURS

U.S. AIR FORCE

554

514

THE WATER

PUNCH IT MARGARET

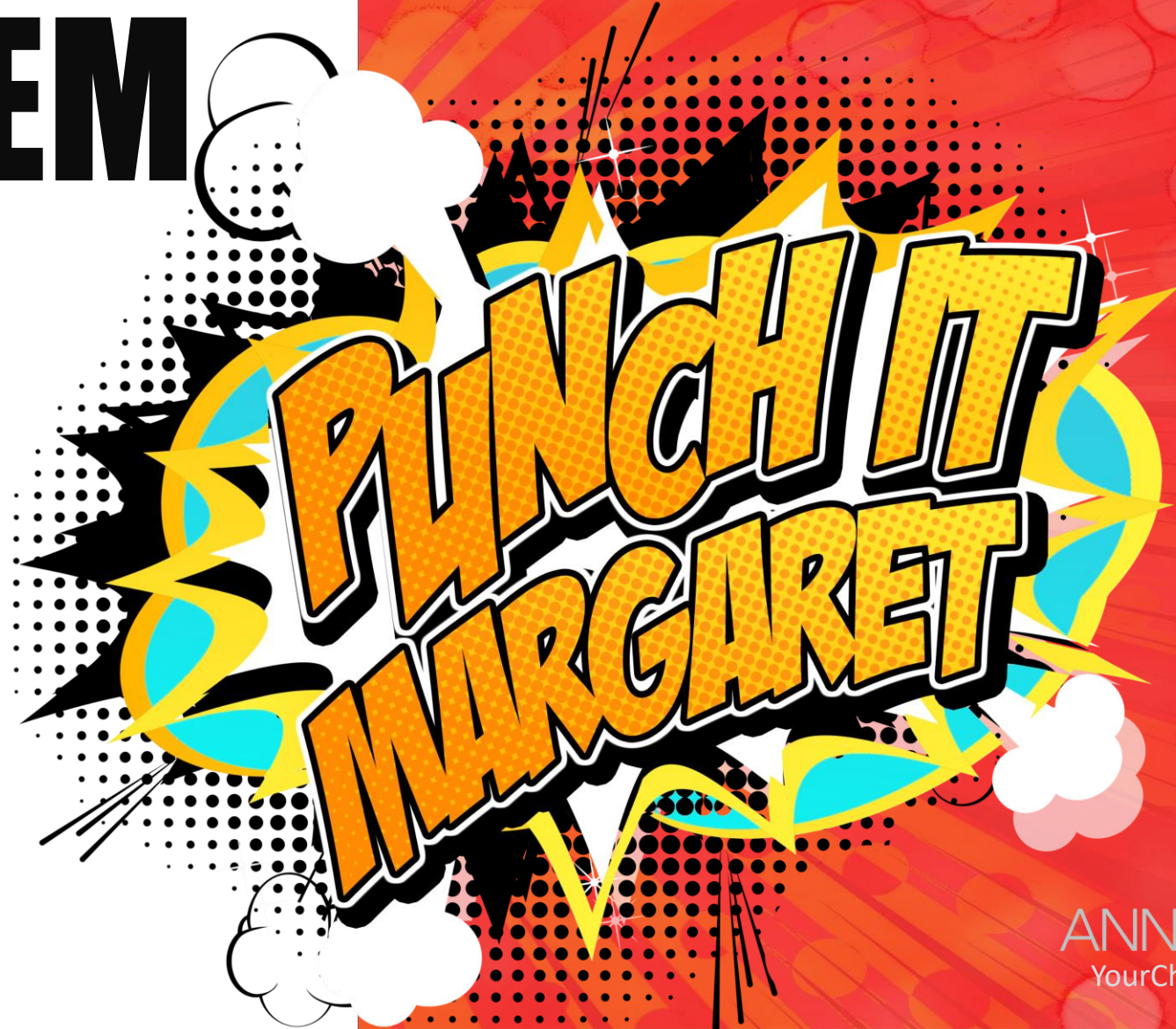


THINK OF WHAT COULD GO

RIGHT!



PROBLEM PLAN



PROBLEM PLAN





**WE WERE
HERE!**

**NOT
HERE!**



ANTARCTICA

Marathon & Half-Marathon

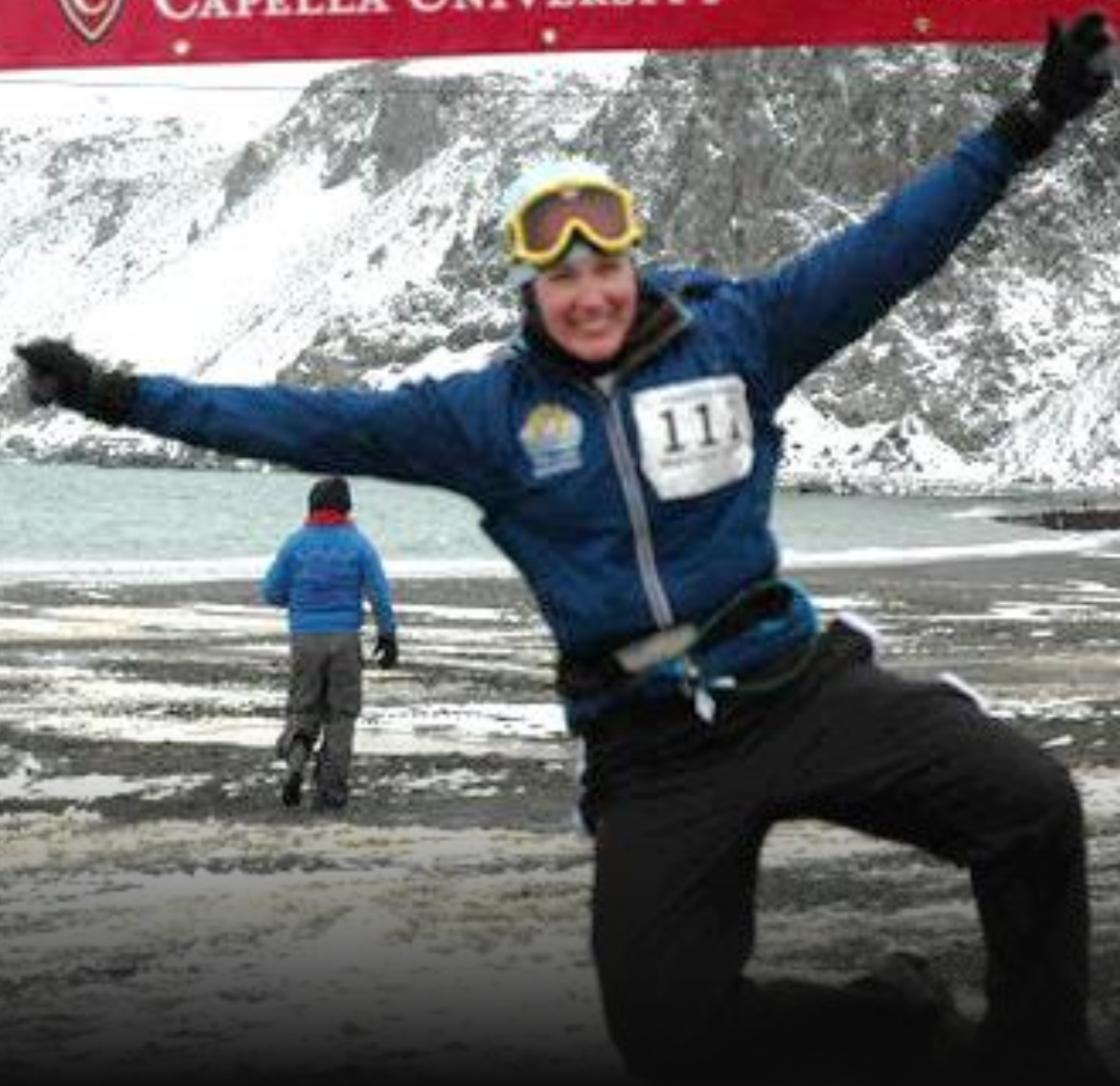


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PROBLEM PLAN



**FIND
ME!!!**



www.YourChangeSpeaker.com



Dancing in the Discomfort Zone Podcast



/AnneBonney



} **@SpeakerAnneBonney**

THANK YOU

For *Dancing In The Discomfort Zone* With Me



ANNE BONNEY

THANK YOU!

For *Dancing In The Discomfort Zone* With Me

WITH
ANNE BONNEY