



# CHANGE YOURSELF, CHANGE OTHERS

## COURSE DESCRIPTION

This course is based on best-selling author, Elizabeth Frisch's second book publishing in 2017, Change Yourself, Change Others —Mastering Your Own Behaviors So You Can Shift Others. At work, at home, in your relationships. . . it is so easy to find fault in others and criticize others for their inability to change.

We often get frustrated by our lack of control or power to get others to change. Yet, the key to mastering working with others to shift their behaviors is to master shifting your own. This fun, engaging course turns all of your pre-conceived notions of why people do not change on their head and provides 8 critical practices to shifting your own behaviors so you can powerfully shift others.

Using the latest research on adult learning behaviors, human psychology, technology, and organizational dynamics, this course takes amorphous principles and culls them down to key practices every manager and employee can master to ensure they are not ever the victim of circumstance or stuck in a perpetual problem with another person.

Organizationally, building a team that masters these practices ensures an unstoppable, quick-shifting, ever-learning organization that will not stagnate nor fail to innovate in ever-changing economic and cultural times.

This course provides the difference between the leaders and the laggards so simply, that personnel from the C-suite to the production floor have been able to make sweeping positive change and transform how their workplace works after taking this course.



## THE DEFYING GRAVITY LEADERSHIP SERIES 2

### LEARN

why most of the time we cannot or will not change our behavior.

### MASTER

finding the root cause of why others cannot change theirs.

### UNDERSTAND

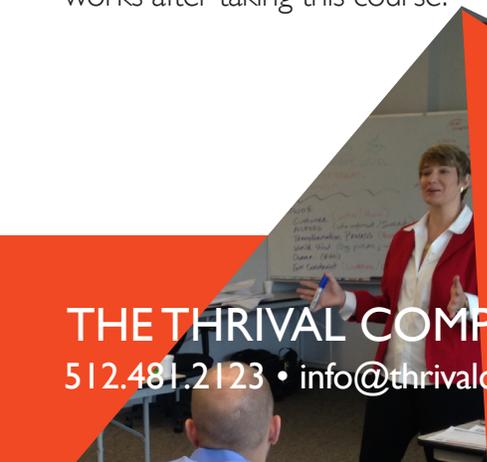
why but why behavioral practice delivers long-term mastery.

### DETERMINE

how to find hidden viewpoints that are holding you and others back in your organization and how to shift them.

### BECOME

a drama free high performing workplace.



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