



**Change Your Thinking, Change Your Life!**

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**[click here](#) for videos of Andy Vargo in action**

**[click here](#) to set up a time to discuss your event**

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## Change Your Thinking, Change Your Life!

Change is the only constant in our lives, yet we don't learn how to master it. That is... until NOW!

This talk walks your audience through the secret to mastering change as taught in Andy Vargo's book "Own Your Awkward Life Changes: The Complete Handbook for Mastering Change."

We have fun exploring how we view change while challenging the audience to think differently going forward.

Through relatable stories and humor, your audience will learn to shift their mindset to see change in a positive light. Each change lesson is backed up with practical tools to support a new way of thinking.

The world will continue to change. It's time to equip your team with the mindset and tools they need to face those changes head on in a way that will create the outcome they desire.

Your audience will leave feeling empowered and prepared to take on the changes ahead. Plus, we will have a lot of fun as they learn the secret to effective change!



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### Key Takeaways:

- Begin shifting your view of change to see it as a neutral event in life
- Learn to set emotions aside during the decision-making process in order to make logical choices
- Eliminate hours of worrying and overthinking wasted on situations and events outside of your control
- Leave refreshed, entertained, and motivated to face change with a new attitude

