



Play the Mastering Change Game

Based on **Walk on Water: How to Make Change Easier** by Lea Belair

Make your change the one that lasts!

What do you need to Master Change?

1. Identify where you are in terms of mastering change - set yourself up for success without knowing how you will get there!
2. Learn and begin practicing a skill set that will help you to be effective in change - become an evolutionary player.
3. Be confident stepping into the unknown. Learn to love the question mark (?)

Based on the distinctions in Lea's book you'll navigate these waters:

Level 1

Creating your own compass in change, Competence in life vs. Mastery in life

Conquering fear vs. Walking on water, Revolutionary vs. Evolutionary, Adjusting your compass

Level 2

Expectation vs. Standards, Meditation vs. Visualization, Painful concessions vs. Peace offerings

Change as chaos vs. Change as opportunity, Adjusting your compass

Level 3

Age cycle vs. Life cycle, Know the right answers vs. Know the right questions

Motivation vs. Inspiration, selfish vs. Selfish, Adjusting your compass



Play your cards right when you bet on change!

Lea Belair, Professional Certified Coach, is a change maven who has been a thought leader in the coaching community since 1999. She has extensive training in Eastern Philosophy and holds a Certificate in Advanced Studies in Yog Science, Vedant Philosophy, and the Theory and Practice of Meditation from the International Meditation Institute in Kullu, India. She is an instructor in coaching for several coaching schools and the University of Vermont's Vermont Business Center. Currently, she devotes most of her time as co-owner of the Coaching Center of Vermont, spearheading the Vital Business Division - partnering with corporations for bottom line results through visionary leadership and coaching.