



THE CHANGE ROOM: Don't get your knickers in a knot!

Learn about personal sustainability & how to successfully navigate change in your life.

"Life is like a rollercoaster - when you learn where you'll scream, where you'll be hanging upside down and where you'll simply be flying with the wind in your hair, then you can enjoy the ride."

- Cindy Willick

What the hell am I doing?

What am I supposed to do now?

Where am I going and how am I supposed to get there?

If you have ever uttered these words then it's time to enter The Change Room! Change may be constant but it is also predictable and this is where the power lies.

Whether you love change or feel you are life's "change experiment", gaining concrete tools and knowledge of the natural change cycle will support you and those around you on your respective journeys.

Join Cindy as she walks you through the four change rooms of life. When you understand what occurs behind the curtain of each room you will experience tremendous relief and power and walk out with a Map of Change swinging in your new purchase bag. You will never need to get your knickers in a knot again. But if you do you'll know how to unknot them real quick!

An international coach and educator, Cindy has spoken to corporate and public groups across North America and Australia. She is the self-proclaimed Baring it All™ Babe who sheds light on how to make life an exhilarating ride.

