

01001011011010110101011100100101
00010010110110101101



Learn
how to take
Charge of
Change

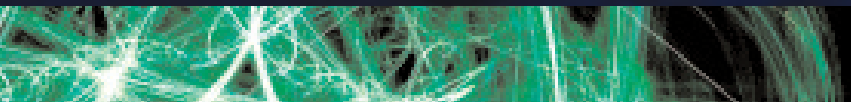
01001011011010110101011100100101

TAKE CHARGE OF CHANGE

Teaching the skills to manage transitions

Ch

takechargeofchange.com



change



ENERGY SOURCE OR ENERGY DRAIN?

Change is difficult. Every transition – first job, first home, new job, new relationship, having children, retiring – presents obstacles.

When you don't have the essential skills to handle them, these transitions can be a drain on your energy. Job performance, family and work relationships, health and wellness and even personal happiness can be affected.

Successfully managing transitions can lead to new learning, personal awareness, and increased motivation that potentially leads to personal transformation and increased levels of personal happiness and fulfillment!

Take Charge of change

We teach you how to take charge of change. We offer action-oriented workshops and mentorship programs designed to improve personal effectiveness and happiness.

We recognize that human beings are not one-dimensional, but rather multidimensional: physical, emotional, mental, spiritual and relational. What happens in our home life spills over to our work life. What happens in our work life spills over to our home life. Both the good and the bad.

“An excellent seminar on holistic fitness from a presenter who brings credibility through his personal knowledge, success and experience in every aspect of the process.”

– LARRY MANDSETH

We have developed an integrated modular series of courses that deliver practical hands-on strategies to address the factors that can drain personal energy – diet, exercise, emotions, values, relationships, and habits. Most importantly, all of these strategies are applicable to your home life, your work life and your inner life!



Teaching the Skills

Take Charge of Change was founded by Shaun and Tanya Humphries to help individuals increase their personal effectiveness and to assist organizations boost their employees' concentration, effectiveness and, ultimately, happiness. Our workshops help individuals increase their energy and focus to accomplish more in the workplace, at home and in their relationships. The workshops are based on principles that Shaun and Tanya have developed and put into action over the past 20 years. These tried-in-the-trenches strategies have allowed Shaun to run a financial services business with more than \$90 million in client assets, Tanya to teach future generations of teachers at the University of Manitoba and the University of Regina Education Facultites, in additon to home schooling their four children, and Shaun to compete and excel in Ironman Triathlon competitions.



SHAUN HUMPHRIES, B. Admin.
**Lead workshop facilitator,
entrepreneur/business owner,
busy dad, grateful husband,
triathlete**



TANYA HUMPHRIES, B. Ed., M.Ed. **Research and
program development, educatiior, busy mom,
keeper of the family schedule**

Integrated training, Proven performance



We deliver training that is practical and proven. Our workshops provide hands-on activities and long-term strategies to keep participants engaged and enthusiastic in the classroom, and motivated to apply the strategies after the workshop ends.

Mentorship Groups – We organize mentorship groups. These groups are designed to provide follow-up workshops that will unpack the ideas covered in the initial workshop modules. Mentorship groups include special guest speakers, and present

updates on new information and research relevant to each module. As well, the mentorship groups are a great vehicle for the free sharing of ideas, inspiration and mutual accountability. These components are all essential to the realization of personal/organizational transformation, and to make sure your MISSION is accomplished!

“Our family experiences in the sport of triathlon and family life in general have had a powerful influence on the design and content of our programs. Triathlon’s, especially Ironman Triathlons, provide us and our clients with powerful metaphors and understandings for dealing with the change and transitions we encounter in our relationships, careers and personal lives.” – Shaun Humphries, Founder TCC





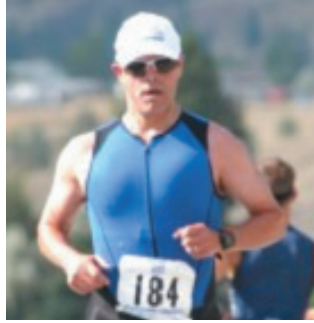
Coaching

Modules

Each workshop/seminar module can be taken as a standalone educational experience or as part of a comprehensive one or two day program. In addition, we would be pleased to customize our workshop modules and content to the unique needs of your organization.

Take Charge of Change by tapping into Purpose & Mission – In a triathlon, successfully completing the race and overcoming challenges requires a sense of purpose and a vision for specific outcomes. In the race called life, successfully navigating personal transitions and obstacles requires the same kind of force of purpose. This module walks participants through an interactive process that helps them to clarify their personal mission/purpose, the key values that excite them and how they can use their mission to create personal power to conquer and learn from their current transition.

Take Charge of Change by experiencing “Flow” and being in the “Zone” – You know you are experiencing triathlon nirvana when you are in the “zone”. Your perception of time disappears and you tap into the peak performance state of “unconscious competence”. This module teaches you how to experience joy and flow in your personal life that will empower your relationships, mental well-being and career. In addition, this module will teach key focusing and concentration strategies that will allow participants to tap into their creative powers and to remain focused when it matters most.



Take Charge of Change through Goal Cultivation – Goals that are specific, measurable, challenging, internalized but achievable and with a deadline are the kinds of goals that take triathletes to new levels of athletic achievement. Everyone can benefit from the peak performance goal setting used by world class athletes. This module is a must if you want to take your personal goal setting and achievement to new levels of success by applying the same principles used by top athletes. Shaun will share how he used these principles to build his business and achieve his triathlon/athletic goals.

Take Charge of Change by being Unconsciously Competent – The best triathletes and athletes are unconsciously competent. They don't have to think about the next step to take. It's completely unconscious. Foundational to navigating successfully through personal transitions and change is the introduction of powerful habits that are aligned with your personal mission and have become automatic and unconscious. This module will teach you how to adopt, re-enforce and nurture the empowering force of HABITS!

Take Charge of Change by being Nutritionally Smart and Strategic – top triathletes know that success is not built on training alone. Sound nutritional habits leading up to a race and during a race are critical. The race of life is exactly the same. Powerful nutritional practices ensure you transition well through the challenges of your day and in the midst of key relationships, busy careers and recreational pursuits that provide for active rest. Shaun will share his insights gained from his Ironman training and racing experiences. In this module learn nutritional “best practices” to experience exceptional personal transitions!

Take Charge of Change by nurturing Physical Health – Triathletes supplement their aerobic training with strength training and flexibility training to get that extra edge and to protect their physical body from the stress of training and competition. In the same way, each of us must look after our physical body to foster emotional and psychological health, and to increase stamina and physical resiliency for the personal transitions that are sure to come. This module will teach you to apply key principles that will foster your physical health.

“Shaun is not a theoretical teacher. He is a real business-person that is a living example of how to balance a family, business and personal health.”

– ROD BELL



Take Charge of Change by Creating Wealth and Support – Top triathletes build human and monetary capital that allows them to focus on their sport and not on their finances. In personal transitions it is the same. Sound financial planning releases people from money worries so they can focus on their dreams and apply their unique abilities in the world. Shaun has over 25 years experience working with individuals and families to accumulate and preserve their wealth. In this module, Shaun shares the key principles his most successful clients have used to achieve their wealth creation goals.

Take Charge of Change through “Family Intent” – In a world of change, family support structures play a critical role in providing emotional support, mentorship and the sharing of experiences that can make us stronger. This module outlines strategies that will help parents to re-connect with their children, how to introduce traditions that will foster family unity and ideas that will build a family legacy for future generations.

Take Charge of Change for TEENS – Participants have shared that they wished they had learned this content when they were young. Give your teen a firm foundation by encouraging them to attend this one day workshop. Your TEEN will be exposed to ideas from each of the modules that will help them to thrive in a world of change and transition.



Comprehensive Strategies to take charge of change

Our programs teach strategies that empower people to embrace transitions and to navigate through transitions that are sometimes imposed on them. The result can be personal growth and transformation.

The programs we offer can help organizations improve overall effectiveness, enhance employee well-being, and make the workplace a happier place. Our comprehensive strategy may be the solution you need to take charge of change!

SPEAKERS BUREAU

Is your company, organization, association or group looking for a speaker for one of your functions? Feel free to contact us to explore how we can assist with your next event.

To find out more about our services, contact us at 204.977.8026 or at info@takechargeofchange.com



takechargeofchange.com



**TAKE
CHARGE OF
CHANGE**

To find out more,
contact us at 204.977.8026 or
info@takechargeofchange.com

takechargeofchange.com

10101011010101010100101010101010
11100100101100100101

10101011010101010100101010101010