

# Julie Gaver

## Professional Speaking & Corporate Training, LLC

Fall 2005

Theme: Change

### *What a difference a year makes!*

Last fall I became an empty nester. My youngest son, Kevin, left for college and I was not ready for the change. The phone stopped ringing. There was no more music blaring from the bedroom, no parade of teenagers raiding my cupboards and refrigerators at all hours of the day and night. There were no shoes to pick up, no wet towels on the floor to fuss over. The house was empty and, to my surprise, I felt as if my heart was breaking. More importantly, *I was afraid.*

When a friend of mine called to see how I was dealing with this change in my life, I told him that I felt such a loss that it was almost as if someone had died. He shared a story that I will never forget and for which I will always be grateful.

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In a small hospital room several years ago, Bill sat next to his sister and watched sadly as she quietly surrendered her fight against cancer. Her husband, Gene, sat on the other side of her bed. Neither man moved to summon the nurse, rather remained next to her, lost in quiet reflection.

At that moment an old familiar tune began to play over the intercom system of the hospital. *Rock-a-bye-baby.* Its sweet melody filled the hallways and brought a sense of hope and promise to a place where people most need it. The song is played each time a baby is born at the hospital, announcing that a new life just entered the world. It was a tradition that had been enjoyed for many years.

"Listen to that," Gene murmured, breaking the silence. "One life has just ended and another has just begun."

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My life, as I knew it, HAD died and unbeknownst to me, a new one would take its place. A re-birth was on

the horizon and it, too, was filled with promise and possibility.

Our lives are a series of deaths and re-births. Children grow up and leave the nest; relationships end and new ones blossom; companies merge and new corporate identities are created; jobs change causing new careers and lives to be reinvented. *Alpha and Omega.* This is the circle of life.

This fall I'm not feeling sad or afraid, nor am I even the same person that I was one year ago. When we find the courage to journey through the dark places of fear and discomfort, growth is inevitable. I've grown. My company has grown, and I now know that change can be a positive force in one's life if we just keep our eyes focused on the re-birth.

What about you? Is change on the horizon? I hope so. *Rock-a-bye-baby!*

### Thoughts about Change:



"In times of massive change, it is the learner who will inherit the earth, while the learned stay foolishly tied to a world that no longer exists."  
*Eric Hoffer*

"Your age can be measured in part by the amount of pain you feel when you come into contact with a new idea."  
*Unknown*

"Change is the law of life and those who look only to the past or present are certain to miss the future."  
*John F. Kennedy*

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## Recommended Reading:

### [Who Moved my Cheese?](#) by Spencer Johnson.

This fictional story can be easily read in a few hours and prompts readers to examine their personal attitudes and behavior towards change. A must read!

### [Teaching the Elephant to Dance,](#) by James Belasco.

An "oldie but goodie", this book is loaded with useful information about *empowerment* and the role *vision statements* play in inspiring organizations to seek positive change. Their *Personal Workshop* segments are my favorites!

## Featured Workshop by Julie Gaver



### **Fear Factor: Embracing the Reality of Change**

This highly interactive session takes a humorous approach to the attitudinal barriers we must overcome in order to live and work fully in a constantly changing world.

Participants examine and discuss recent and future changes in their work environments and learn useful tools for adopting a pro-active & positive attitude. This session may be combined with a facilitated creative brainstorming session to demonstrate how employees can feel empowered to create change which leads to increased efficiencies, profits, or improved teamwork.

Contact Julie at (301) 293-4195 to schedule this seminar or for additional information.

## Becoming an Agent for Positive Change

Questions are a company's best friend. They are your vehicle for empowering employees and serve as a springboard for creating positive change in your organization.



Use staff meetings or other formal & informal communication venues to ask employees for input for growing your company. Remember, "a man convinced against his will is of the same opinion still." It is human nature to accept change more readily when we've had a hand in creating it!

### *Try these on for size!*

What working well in this company? What's not? Why? What should we do about it? Why would that work?

What one thing would make you more efficient and successful at doing your job?

How has our customer changed? Are we still what they need? Why or why not? What should we do about it?

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"A sad employee left his job of many years.  
Most days he worked were like the day before.  
He wasn't disliked by colleagues,  
but he won't be missed.  
And while he made good money,  
he felt quite poor.  
He always did what he was paid to do  
and nothing more.  
And he did it without having any fun.  
He performed his job the way he lived his life;  
He did it the way it had always been done."

--The Fred Factor, by Mark Sanborn

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