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June 02nd 2014: **Surviving Change You Didn't Ask For**

We all know the saying, "when life gives you lemons, make lemonade" but do we know how to do that? Our past history of dealing with change and the emotional turmoil that unwanted events load us with can be a lot harder to cut our way through than a few lemons. MJ Ryan knows how to move through the tumultuous waters of change and master the art of making change work for you. MJ tells us that in our rapidly changing world, we can expect the unexpected and be prepared by developing a mindset and skillset to meet what comes our way with vitality. Through practical suggestions and practices, MJ tea

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Featured Guest



MJ Ryan

Dubbed an "expert in human fulfillment", MJ Ryan has served as an executive coach and leadership development trainer to women executives, entrepreneurs, and emerging leaders around the world for the past 13 years. She offers leadership development to women in organizations, including Microsoft, Facebook, Hewlett Packard, Chevron, Frito Lay and many more. One of the creators of the NY Times bestselling Random Acts of Kindness series, and other books including AdaptAbility: How to Survive Change You didn't ask for, MJ has appeared on The Today Show, CNN, and hundreds of radio programs. Named the San Francisco East Bay Woman of the Year by Diablo magazine, she gives keynote speeches and worksho

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