

# Becoming Resilient in Times of Change

## Angel Carlton



Transformation Coach | Published Author | Podcast Host | Leadership Trainer | Cheerleader for Change

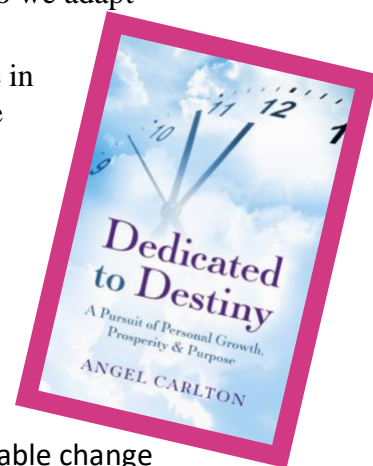
We've been on a crazy rollercoaster ride of utter chaos experiencing some level of transformation in our lives. As we step onto the platform to find our footing in our new world, how do we adapt so that we don't lose our balance?

Change is occurring at such a rapid pace our well-being is being compromised. We are in desperate need of upshifting our internal operating system so that we can anticipate the uncertainties of what has become our new way of life.

We've never been trained to navigate these epic times... **UNTIL NOW.**



*Angel delivers a captivating message of hope & inspiration so that her audience...*



- Becomes empowered to navigate unpredictable change
- Understands how change impacts life & embraces it as a gift
- Develops a healthy & new perspective of life's shifts
- Learns to adapt to change with less stress & anxiety
- Explores Angel's *6 Stages of Transformation*
- Finds a sense of purpose through times of transition
- Is called to influence others in a positive way

"Relevant content, insightful message and your delivery, impeccable!"  
~Michelle, Canada

"Such a moving presentation that applied to what I'm going through. You were placed here as a messenger to empower me to keep going through the shift. A powerful message!" ~Teri, Florida

"Very timely topic so very well presented. You really had people's attention with the 6 Stages of Transformation."  
~Jack Merbler, Preston Center Rotary Club

"If your organization is looking for an engaging speaker who is not only entertaining, but very timely please consider Angel. You will not be disappointed." ~Debby Rudy, President Grandezza GirlFriends

### Schedule Angel for your next event

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**Keynotes – Breakout Sessions – Leadership Development – Team Building**