Anticipating Change

Taking New Actions Now

Moving Beyond Fear

Imagining Real Success

Who Moved My Cheese?

The World’s #1 Way To Deal With Change

TRAINING

A COMPLETE PHILOSOPHY ON HANDLING AND PREPARING FOR CHANGE IN YOUR ORGANISATION
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Bring the NEW Who Moved My Cheese philosophy into your organisation in one or more of the following ways;

1. Half-Day Workshop delivered by our fully accredited facilitators
2. Keynote Presentation at your next event by experts on change
3. Train your staff with the DVD original movie and newly produced bonus programmes.

1. WORKSHOP  NEW AND UPDATED!

Gaining Change Skills

The new Who Moved My Cheese? Training programme helps individuals develop change skills that make a difference in their work – and in their lives.

Based on the #1 bestselling book, Who Moved My Cheese? by Dr.Spencer Johnson, this new half-day programme brings together simple ideas, non-threatening materials, and entertaining videos that give people the skills to face change and succeed.

- New Half-day format saves time and makes it easy to use in a wide variety of training programmes.
- Relevant exercises help people focus on changing situations at work
- Teaches skills that not only help people at work, but also in their lives.
- Based on simple, proven principles from the world’s most widely read book on change.

• Easy-to-use materials, new video clips and exercises make the training entertaining and effective.

The Gaining Change Skills can be held on-site at your company premises or at an external venue. Our accredited facilitators are experts on change. You can count on a memorable experience for participants. Our facilitators have worked with individuals in organisations around the world, helping people develop skills they can use to gain more control in changing situations.

Each participant receives full-colour materials, useful resources with the popular Change Profile built-in, hands-on learning and valuable skill practices.

OUR ACCREDITED FACILITATORS

Will deliver the workshop for you

Yvonne Collier  International Educator, Author, Radio Presenter and Change Agent
“Yvonne’s flexibility, innovation and sense of humour is a key factor to her successful presentations”

Leonie Collins  Trainer & Coach, Motivator, Author and Dynamic & Fun Presenter  “Leonie’s infectious enthusiasm makes participants think outside the square and move from their comfort zone”

Barry McMaster  International Trainer, Facilitator & Communicator “Barry’s strong business acumen and experience bring a versatile and practical approach to his impressive facilitation skills”

Want to become an Accredited Trainer …and deliver your own workshop internally?
Call Matrix Plus on 1300 88 2063 for further information

Our skilled presenters deliver a unique and relevant experience by meeting with you in advance to determine your training needs, resulting in a fully customised programme to match your company’s message.

To help people succeed even more, our presenters can help them decide on the few most important things they can do to make the biggest difference, helping participants develop a plan to follow in the future.
Helping People Deal with Change

Our speakers are experts on change!

Speaking from personal experience and years of application, our talented Change Experts will entertain, encourage and inspire while helping people prepare for ever-increasing change in today’s world.

Offering a unique approach to change, we bring a different voice to your next speaking engagement.

*Each keynote from 20 - 60 minutes duration*

**FOUR CHANGE SKILLS**

In today’s changing times, there are four change skills that people are using to deal with change with less stress. These skills are easy to understand and anyone can put them to good use.

**Skill #1  Anticipating Change**

Anticipating Change is the ability to see what happened in the past, what is happening now, and realising what is most likely to happen next. When you use this skill and become experienced at anticipating change, you feel more in control of changing situations, and become more valuable.

**Skill # 2 Taking New Actions Now**

Taking New Actions Now is the ability to see what you need to do differently and to do it soon. Then, look at the results and see where you need to correct your course and do something differently again. As you scurry into new actions you become more energetic and influence others to try new things as well.

**Skill # 3 Moving Beyond Fear**

Moving Beyond Fear is the ability to do what you would do if you weren’t afraid. It doesn’t mean that you may not still have fear, but you don’t let fear hold you back. When you move beyond fear, you feel more confident, creative and are more likely to enjoy your work.

**Skill # 4 Imagining Real Success**

Imagining Real Success is the ability to see what you would like to have happen, in such realistic detail, that this ‘personal movie’ lets you experience how it could really happen and enjoy making it happen. As you imagine real success, you feel happier and less stressed, even before you get an ideal outcome.

**CHANGING THE WAY YOU LOOK AT CHANGE**

The NEW Movie complete programme INCLUDING the Award-Winning classic original animation, ’Who Moved My Cheese’. Changing the Way you Look at Change is a stunningly produced new DVD programme, fully chaptered and available in both facilitated and unfacilitated versions.

Easy-to-navigate chaptered topics have been authored to encourage viewers to delve deeper into the process of change, look at individual change situations through to re-evaluating your change situation, both at work and individually. Viewers will also enjoy the BONUS original classic, 16-minute, animation based on the best selling book that was at heart of the whole ‘Who Moved My Cheese’ philosophy. Don’t miss this NEW programme. It’s perfect for any organisation that wants to help people prepare for an upcoming change or just to see change differently!
Who Moved My Cheese
Fun Reminder Items

PLUSH CHARACTER SET
Buy complete set of these high quality fun characters or select your favourite!
Complete set of four $115.50 (inc GST)
Individual Character $31.90 (inc GST)

MAZE PENS
Fun pen reminders $4.95 each

HANDWRITING ON THE WALL CARDS
$3.30 (inc GST)

MEMORY-CARDS – Ideas in a flash
$30.80 (inc GST)

MAZE CHEESE STRESS WEDGES – best selling item!
$9.35 (inc GST)

MOUSE PAD – always there to remind you.
$35.20 (inc GST)

POSTERS – folded and flat – varying images for you to decorate your office! From $30.00 (inc GST) each

COFFEE MUG – enjoy coffee over your cheese.
$42.90 (inc GST)

With over 21 million books in print, if you haven’t read it yet, make sure you do!
Paperback Who Moved My Cheese? 17.95 (inc GST)
Other books by Dr Spencer Johnson also available.

Discount for multiples
All prices exc gst and freight

Who Moved My Cheese?
A Complete Philosophy

Success Stories
“The mix of materials and activities is great – entertaining DVD, colourful workbook, interactive programme and many opportunities for discussion.”
Thermo Electron Corporation

“The skill practices included in the training really increased our team’s buy-in. I see what control we can have in a changing situation and that change isn’t something that just happens to us.”
Blendtech

Who Moved My Cheese workshop, the movie, keynotes and reminder items have helped some of the following organisations handle change:

Amway
Pitney Bowes
Glaxo Wellcome
Hewlett Packard
Morgan Stanley
Citibank
Nestle

Other books by Dr Spencer Johnson also available.

Order on line at www.matrixplus.biz

For further information, to arrange a preview of the Movie or discuss your training needs, please call us

1300 88 2063

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