



Ruzich Consulting LLC  
*Shortcuts to Change*

## *One Day Workshop Schedule*

Shortcuts to Change offers a framework that is simple but radical. The framework comes in the form of a Road Map that invites travelers to begin their journey. The Map offers a sense of direction, a place to start, and most importantly it is a way to explore enough territory so what is needed can show up – a Shortcut. This practical framework helps travelers and guides/Coaches develop skills through mini-lectures, stories, demonstrations and exercises.

### **Segment 1: Preparing for a Journey**

Welcome and overview of the day

Awakening your senses for the journey – lecture, exercise and introductions

Questions to deepen the desired change

*Break*

### **Segment 2: The Road Map**

Principles for traveling on the Road Map

Introducing the Map

Examples and demonstration

Summary

*Lunch*

### **Segment 3: Resources**

What is a Resource? Lecture and demo

Tap a Resource and experience walking on the Map

Turn a Roadblock into a Shortcut with a Resource – demo, debrief

*Break*

### **Segment 4: Exploring the Map**

Present: Your inner compass – lecture

Future: Listen as your future calls you - demo

Balcony: Seeing the Whole –lecture, role of the guide

Putting it all together - demo, debrief

Summary of the day