



Ruzich Consulting LLC
Shortcuts to Change

Two Day Workshop Schedule

Shortcuts to Change is a workshop based on a proven method that leads to rapid long-term personal change. This approach is simple but radical and is an integration of principles from therapy, coaching, and organizational development. Change professionals; coaches, mentors, and others, have been excited about the impact of this approach with clients and on their own personal development.

Day One

Segment 1: Introduction to the Road Map and Preparing for a Journey

Welcome and the story of how Shortcuts to Change was created

Workshop format, what to expect, and housekeeping

What is Shortcuts to Change? Some of the principles of this approach

Awakening Your Senses: mini-lecture and demonstration; participants identify their most dominant sense

Participant introductions

Preparing for your journey: Mini lecture, preparation questions, work in pairs to prepare for a journey, debrief in large group

The Road Map: walking the map, examples, demonstration

Summary ; guided centering

Segment 2: Exploring the Map – Present, Future, and Balcony

Review - holding the space for your question

Present, lecture – Your Inner Compass: pairs: How do you get back to your Present?

Future, lecture: pairs: Is the Future calling you?

Balcony, lecture – Seeing the Whole, video, debrief, role of the guide

Work in pairs: What do you see from your Balcony?

Roadblocks: lecture, work in pairs: Are there sources of resistance that block you?

Putting it all together, demo, debrief

Summary; guided centering

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Day Two

Segment 3: Roadblocks, Past and Resources

Welcome, review, discuss assigned reading

Resources: lecture and demo

Practice groups: accessing a Resource – practice with feedback

Turn a Roadblock into a Shortcut with a Resource, lecture, demonstration

Skill development in practice groups: help travelers explore their question on a map;
practice with feedback

Summary; guided centering

Segment 4: Integration and application

Discuss applying approach in different settings

Skill development in group: simulating different settings, practice the approach with
feedback

Debrief

Summary