



Sue Ryan Solutions

Speaker & Storyteller

Leadership Coach

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Intentionally Navigate Transitions
Leadership Through the Dimensions of Change



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Get From Where You Are
to What's *Amazing* for You



Transformation *Through* Transition

I guide individuals to be great leaders of themselves and others.

Whether momentarily stuck or uncertain in your direction
- or you're ready to accelerate your impact -
it's time to move faster and more easily in the right direction for you!

Clarity prevents overwhelm



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How do you benefit from intentionally navigating transitions?

- ✔ Confidently answer the question: "What else is possible?"
- ✔ Simplify and eliminate anything holding you back, or taking you off course, so you move forward in the right direction.
- ✔ Accept - without judgment - exactly where you are, take 100% responsibility, live fully present in the moment, and open up to potential and possibilities for your most satisfying success.
- ✔ Understand yourself in a meaningful way so your personality, beliefs, and values support you clearly navigating transitions through your purpose.
- ✔ Become comfortable with change, no longer staying stuck in the status quo, fearing change, not achieving and/or sustaining your designed impact.
- ✔ Knowing you have the attributes and characteristics you need to possess that support achieving what you know you want!
- ✔ SUSTAIN CHANGE YOU CHOOSE so it becomes the habit, routine, reality that supports your success now.
- ✔ Feel great about yourself, satisfied with your achievements, and fulfilled through your success - the success YOU define, create, and achieve.
- ✔ Become your own 'guru' with your roadmap to use as your guide to successfully navigate changes throughout your life journey.

Embrace *unquenchable* curiosity.
It opens our minds and hearts,
guiding us to our purpose.

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Excerpt of Step One Exercises

Know What I Want, Know Where I Want to Be

Create what you want with such clarity and confidence
it inspires your intentional movement in the right direction.

Purpose:

Create what I want clearly, compellingly, positively - and specifically for me. See, feel and hear myself being in this place. Create what I want and stay on the right path to get there.



Following are excerpts from 3 of the exercises in this step :



If you're struggling with any of the answers, ask yourself: "If I did know, what would it be?"

Exercises:

1. Know specifically what I want and where I want to be.
 - a) Stated in the positive, specifically what do I want?
 - b) For what exact purpose do I want this?
 - c) What will I gain or lose if I have it?
2. Clarify and visualize my outcome from different perspectives.
 - a) What will happen if I achieve my goal?
 - b) What will happen if I don't achieve my goal?
 - c) What won't happen if I achieve my goal?
 - d) What won't happen if I don't achieve my goal?
3. Clarify each area of my life; identify where I'm in or out of alignment.
 - a) Where am I in each area?
 - b) Where do I want to be?
 - c) Why is this important to me?
 - d) What will my life look like when I'm there?
 - e) What will I see, hear, feel?
 - f) How do I want to show up in each area (one word, one phrase, or one image)?

"The world we have created is a product of our thinking; it cannot be changed without changing our thinking. If we want to change the world we have to change our thinking...no problem can be solved from the same consciousness that created it. We must learn to see the world anew."

Albert Einstein



Why Work With Me?



I know what it's like to arrive where you realize you DON'T want to be - even when it's the place of top-level success.

I've lived with that nagging feeling of there's something more, frustration because I felt like should be able to figure it out, and disappointment in myself because I couldn't.

I've felt the restlessness of wanting what's next and staying stuck in the status quo because I didn't want to risk what I already had on uncertainty.

I've said to myself: "I'm not sure I want to explore this. What if I begin pulling a string and don't like what begins to unravel?"

I learned to turn crossroads into transformations, moving intentionally from where I was to something even more amazing - often something I hadn't realized was possible. I created the six-step Successfully Navigating Transitions from Change through Transformation program - first for me and now for you - so you, like I have, learn to become your own master of transitions throughout your life.

I've worked with clients - from entrepreneurs to Fortune 100 C-Suite leaders - in more than 700 organizations and a multitude of industries - to achieve this for themselves, their teams, their clients, and their partners.



Sue brings her experience, insights, and wisdom to take on and solve the toughest of business challenges with you. With Sue, you'll never be left hanging, spinning your wheels or wondering what's next - you'll just get to the end game faster!"

Cynthia Davis, CEO of The Radiant Blue Group, LLC



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Take Action Now

Intentionally navigating transitions turns changes into "What else is possible?"

Ready to discover where intentionally navigating transitions will lead you?

Download my complimentary guide: [10 Questions to Eliminate What's Missing in Your Life and Begin Living Your Best Life.](#) Awaken your unquenchable curiosity. Discover how to begin moving in the right direction – not just any direction – to live your best life feeling great about yourself, satisfied with your success, and fulfilled by your positive impact.

Sign up for my 6-Week program: Intentionally Navigate Change. You'll move from a place of lack of clarity about the next step to actually building the roadmap that gets you confidently from where you are to where you want to be, answering the questions: "What do I want - really?", "Where do I go from here?", "How do I get there?"

Work with me as your coach: I offer One on One and Group Coaching to walk together with you step by step on your journey to successfully navigating transitions, work with you to create your customized roadmap, and prepare you to be your own coach so that your process to intentionally navigate changes supports you successfully throughout your life.

Want me to speak to your organization? I offer customized keynote, workshop and team trainings.

Let's have a conversation and explore what else is possible!

Schedule [HERE](#) (or head to: <https://tinyurl.com/explorewhatelseispossible>)



Sue brings her experience, insights, and wisdom to take on and solve the toughest of business challenges with you. With Sue, you'll never be left hanging, spinning your wheels or wondering what's next – you'll just get to the end game faster!"

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