

**NEW
& UPDATED**



Anticipating Change



Taking New Actions Now



Moving Beyond Fear



Imagining Real Success

Who Moved My Cheese?[™] Cheese?

The World's #1 Way To Deal With Change

T R A I N I N G

matrix plus

multimedia training resources

**A COMPLETE PHILOSOPHY ON
HANDLING AND PREPARING
FOR CHANGE IN YOUR
ORGANISATION**

A COMPLETE PHILOSOPHY ON HANDLING AND PREPARING FOR CHANGE IN YOUR ORGANISATION

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.**

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"

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.

**Want to become an Accredited Trainer
...and deliver your own workshop internally?**

Call Matrix Plus on 1300 88 2063
for further information

2. KEYNOTE PRESENTATIONS

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.



SNIFF



HEM



HAW



SCURRY

3. WHO MOVED MY CHEESE – THE MOVIE

With **Bonus programme**, magnificently produced, on how to deal with change – both facilitated and unfacilitated versions

NEW & UPDATED



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!

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 |
| Procter & Gamble | Glaxo Wellcome |
| General Motors | Hewlett Packard |
| Morgan Stanley | Citibank |
| Nestle | <i>and many more</i> |

Who Moved My Cheese?

A Complete Philosophy

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

1300 88 2063

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)

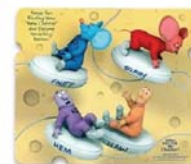
MAZE CHEESE STRESS WEDGES – best selling item!

\$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

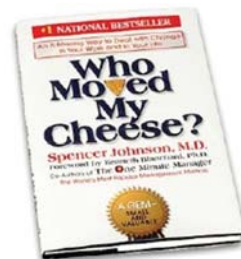


COFFEE MUG – enjoy coffee over your cheese. \$42.90 (inc GST)

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.



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