3811 TURTLE CREEK BLVD., SUITE 475, DALLAS, TX 75219
TEL 214.420.1999

Dr. Michelle Rozen

The Change Doctor

Please contact a GDA agent for information.

Topics

- Change Management / Organizational Change
- Leadership
- Mental Health / Psychology
- Motivation
- Overcoming Adversity
- Personal Growth

About Dr. Michelle Rozen

Dr. Michelle Rozen, PhD is a game-changing, revenue- building, performance-boosting change expert, keynote speaker, and highly respected authority on the psychology of change. She is an author, a Huffington Post contributor, and a frequent guest on media outlets such as NBC, ABC, FOX News, and CNN. Dr. Michelle's rare blend of audience engagement, killer take-away strategies, and instant connection with the audience have made her one of the most unique and memorable speakers on the stage today. Her latest work is around "2-Second Decisions", helping people to master time management and power through decision making in turbulent times. Dr. Michelle consistently speaks for Fortune 500 companies and her clients include some of the most recognizable companies in the world including Johnson & Johnson, Merrill Lynch, and The U.S. Navy. She holds a masters degree and a PhD in Psychology and resides in the greater NYC area with her husband, three kids and two dogs.

Select Keynotes

- **Lead Through Change with Confidence: Your 5 Step Plan**

  Dr. Michelle's powerful strategies for leading changes have transformed the lives, performance and success of leading brands in all industries. These science-based, easy to apply strategies have given leaders the actionable solutions and powerful confidence to lead their teams through rapid changes and substantial challenges- all the way to off the charts results. It is now available to your team as well, through a one-of-a-kind actionable and motivating experience that will lead your team to the powerful results that you are all looking for, as a team, as leaders and as individuals.

  ACTIONABLE TAKEAWAYS:

  * Understand change resistance. Get the tools to handle it.

  * Master the C.H.A.N.G.E. Model.

  * Lead change with confidence

  * Master a powerful 5 step plan for supporting your team through change

- **How to Motivate Yourself and Others**

  Motivation is the master key for leadership success. The challenges we are all facing, whether working from home, managing unforeseen situations, or otherwise, are leaving many feeling overwhelmed and uncertain about the future.

  Dr. Michelle takes the mystery out of motivation using science and proven tools for leading team members toward becoming their best selves no matter how turbulent the times. Give your team the powerful motivation and actionable tools they need with this life-changing, performance-boosting experience!

  ACTIONABLE TAKEAWAYS:

  * Understand how motivation works in the human mind

  * Master the 20% Rule for helping others safely stretch beyond their comfort zones

* Master the Three Golden Rules for mindful leadership that removes biases hindering motivation during change

* Master the E.N.G.A.G.E. Model for powerful and effective leadership through change

- **2 Second Decisions- Time Management Secrets for Massive Results**

  Time management is the way you handle your most limited resource: time. Dr. Michelle shares with your attendees the most powerful science-based, easy to apply secrets for managing time effectively, through the disruptions, interruptions and distractions of the current times.

  You will learn what to do when there is too much to do, how to manage your time, priorities and schedule, how to avoid productivity suckers and how to perform at your absolute best.

  ACTIONABLE TAKEAWAYS:

  * Identify the three obstacles to managing your time effectively

  * Master 2 second decisions- and how 0-10 numbers completely change how you prioritize

  * Master the P.R.O.D.U.C.T.I.V.E. Model for 10 habits of highly productive people

  * Master the Three Golden Rules for massive action in minimum time

Select Book Titles

- **2021:** 2 Second Decisions: Get in the Driver's Seat of Your Life, Work, and Courage with Everyday Winning Choices

Select Articles

- 7 Time Management Tips that will Get You to the Success that You Want

  Effective time management is about being the master of your time rather than a slave to time-wasting. Knowing how to manage time is critical to success on any level- personal, professional, and organizational.

- 5 Tips for Avoiding Employee Burnout

  Many leaders are dealing with employees that are burned out. They are working at home due to school restrictions for their children. There are additional changes within the company, plus many on the home front.

- 7 Ways to Life Your Spirits During a Challenging Week

  One of my all-time favorite sentences is, “things are never as good as you think and never as bad as you think.” I kept reminding myself of that sentence this week. Let's put our chins up, everyone. This, too, shall pass. We need to regain our inner strength, our hope for better days, and our belief in ourselves that we are strong and we are going to win this.

- 6 Winning Tips for Creating a Culture of Adaptability as a Leader

  Most organizations don't even start talking about their team members' ability to embrace change until there is a major change such as organizational restructuring, a merger or acquisition, or significant leadership changes. This is a common mistake shared by many, in times where frequent change has become the norm. Embracing change is not something that can be expected of team members. Without the wider organization-wide understanding that embracing change and thriving through it is an essential part of the company's DNA and what gives it its competitive edge.

- 3 Tips for Motivating Challenging Team Members

  One of the most common concerns that I hear from leaders is that working with difficult people consumes both time and energy, and risks the team's success.The struggle to deal with people is a struggle that we all experience. After all, isn't life challenging enough without having to deal with having to deal with motivating challenging team members?

- 5 Ways to Say NO without Feeling Bad About It

  Do you ever feel like you are always saying yes? Do you find it really hard to say no, especially without feeling bad about it afterward? Finally, do you find yourself putting your own priorities aside while saying yes to others? They're asking you for something, and you feel like if you say no they're going to resent you. So you're tempted to say yes even though you don't want to. Ever been there? We all have. I am going to show you five ways to say no without feeling bad about it.

- What Great Leaders Do and What We Can Learn from It

  How do leaders and managers differ? Leaders know how to Hit the Change Button. Managers oftentimes struggle with exactly that. While managers are excellent at managing procedures, leaders excel in knowing how to initiate change, how to lead through change and how to grow through change in the face of a competitive market and a rapidly changing world.

- The 4 Golden Rules of Time Management

  Managing time effectively is in fact managing our life efficiently. Getting our work done, getting our chores done, finding time to work out, finding time for our kids, finding time for our spouses and for ourselves, finding time to read, educate ourselves and grow. You can always say “I can't.” But, can you find a way, or is it just not important enough and just ends up slipping away from your schedule?

- 5 Powerful Tips for Leaders to Motivate and Engage Their Teams Through Change

  Change interferes with autonomy and can make people feel that they've lost control over their territory and power. It also creates excess uncertainty. If change feels extremely uncertain, then people will reject it. People will often prefer to remain in misery than to head toward an unknown. In life in general, as much as in the workplace, we all need a sense of safety. Oftentimes with the change, much unknown creates much irritability. Here is what you can do, as a leader, to help.

- The Three Most Important Tips for Implementing Organizational Change

  Are you struggling to get people on board when it comes to embracing change in your organization? If you're nodding your head you're not alone. Two brutal facts: One, Change is the new normal for leadership success and all leaders must accept this fact. And two – studies continue to suggest that close to 70% of organizational change efforts lead fall under the category of unsuccessful outcome. So how can you work with people's brains to make change easier? And how do you get your team within the 30%?

Select Testimonials

> "Dr. Rozen did an extraordinary job"
>
> — *American Physician Partners*

> "Dr. Rozen gave a spectacular presentation with a strong message for our audience"
>
> — *AT&T*

> "We greatly appreciated how she tailored the content to specifically meet our event's needs!"
>
> — *Cisco*

> "Dr. Rozen's keynote was the highlight of the day!"
>
> — *Merrill Lynch*

> "Dr. Rozen's presentation was AMAZING!"
>
> — *US NAVY*