

FOR IMMEDIATE RELEASE

Contact: Aden Nepom
Company: Art of Change
Telephone: 971-319-0894
Email: press@artofchange.com



Art of Change Announces New Executive Coaching Programs

*“Get Unstuck,” open enrollment workshops designed for high-performing leaders
who need a communication boost*

PORTLAND, OR (January 5, 2021) - **Art of Change**, innovators in executive coaching and training, announce the launch of Get Unstuck, a highly-focused and personalized leadership skills development program. Built for high-performing professionals who are short on time and facing new challenges in the workplace, Get Unstuck is offered in an entirely virtual environment. For additional information on Get Unstuck, and for Art of Change’s 2021 workshop schedule, please visit www.artofchange.com.

Get Unstuck is the latest creation by Art of Change president and social dynamics expert Aden Nepom, who has distilled decades of experience in executive coaching and team dynamics into this three-part program:

- **Part 1: Custom Assessment** - A self-assessment exercise to identify professional goals, barriers, blind spots, and hidden challenges that can sabotage momentum.
- **Part 2: Coaching Session** - A 90-minute personalized session where leaders will learn strategies, like the 1-Minute Mindset Reset, to take bold steps towards their professional goals.
- **Part 3: Reflection and Refocus Session** - A follow-up conversation where participants will check to see what’s working, and to address any remaining challenges.

“We can all identify with feeling ‘stuck’ in our professional lives from time to time,” comments Art of Change president Aden Nepom. “We tend to interpret that stuck feeling as a dead end, whether it’s a toxic professional relationship, struggling to get an idea across, or just general anxiety about career trajectory. But actually, getting stuck is just a healthy sign that you’re ready to level-up as a professional.”

Get Unstuck is offered at a special launch price of \$99. Visit www.artofchange.com to sign up today.

In addition, Art of Change unveils a sneak peak at its 2021 open enrollment workshop schedule. Art of Change workshops cover a range of topics impacting professionals, especially those responding to new challenges like full-time remote work. Upcoming workshops include:

- CREATING A CULTURE OF BELONGING: Essential Skills for Collaborative Leaders
- ACROSS THE DIVIDE: Bridging the Communication Age Gap at Work
- THE BIG IDEAS PLAYGROUND: Fun & Useful Ways to Generate New Ideas
- MOTIVATED: Tapping into What Drives People
- SAY IT LIKE YOU MEAN IT: Speaking with Competence & Confidence
- BRINGING OUT THE BEST IN PEOPLE AT THEIR WORST: Demystifying Dealing with Difficult People
- WHEN THE CUSTOMER IS WRONG: Customer Service life Savers

For the month of January, Art of Change is also offering a free workshop, REASON IN AN OUTRAGED WORLD. This interactive workshop is designed to help you have meaningful conversations with people you disagree with.

An updated list of 2021 Art of Change workshops is available at www.artofchange.com/online-workshops.

About Art of Change

Art of Change teaches individuals and teams to be better communicators with funny, authentic, and engaging workshops, coaching, and fully customized programs. Art of Change trainings are customized to each client, and provide actionable insights that give professionals the tools they need to be smart, savvy communicators. Art of Change president and social dynamics expert Aden Nepom is also the host of The Changed Podcast. For additional information, please visit <http://artofchange.com>.

##