



### Shed or You're Dead

Kathy Dempsey, Luncheon Speaker

by William J. Dodds

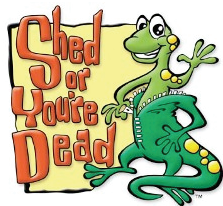
Kathy Dempsey is an ideal lunch-time speaker. She is full of energy, is upbeat, and walks around through the audience emphasizing her points. She engages her audience and infuses a high sense of humor throughout her presentation.

Using a collection of personal situations, Kathy demonstrates the necessity of dealing with change, also identified as dealing with loss. She is assisted by her able-bodied friend, Lenny the Lizard. Lizards, she tells us early on, shed their skins on a regular basis, and in doing so, keep on living. A lizard unable to shed its skin will die. This, she asserts, is the same with us in our business life.

Kathy introduced us to three Strategies to Stay Alive and Thrive During Change, still maintaining her humorous delivery style.

1. Hallucinate! OK, maybe a better way to phrase this is to Visualize. Program your unconscious to see the future as you want it to be.
2. Eat Two Crickets a Day! Nurture Yourself Daily.
3. Be Co-Dependent! Encourage and Support Each Other.

Kathy then had the audience work in interactive group activities of two or three people, sharing feelings and experiences. She emphasized that change also means planning for the unexpected and having alternative plans if things don't work out as we hope.



Kathy's recent book, *Shed or You're Dead – 31 Unconventional Strategies for Growth & Change* was available, and she graciously signed many copies for the convention participants.

“Need a little help shedding?” Check out [www.KeepShedding.com](http://www.KeepShedding.com) and sign up for 60 Seconds of Shedding from Lenny the Lizard.