



Founder: Monica Sauls



Founder: Marcey Uday-Riley



Building Bridges For Change

Media Kit

Pillars of CCLT

Career Planning and Advancement

- ➔ Are you are trying to rediscover the joy you had from your previous career or find a new career in today's competitive workforce?
- ➔ Are you entering the workforce for the first time after college or trying to reenter the workforce after raising a family, caring for a loved one, or losing a job?

Relationships at Work and Home

- ➔ Are you transitioning from a peer role to a supervisor or from a supervisor to a manager? Are you leading an organization through a business transformation and unsure how to go about it?
- ➔ Are your adult children, aging parents, critical friends, or family members driving you crazy?

Bouncing Back from Setbacks

- ➔ Are you recovering from a workplace crisis and hoping to recapture your motivation?
- ➔ Are you trying to move beyond workplace or personal rejection and reestablish your self-esteem or identity?

BRIDGES. We cross many bridges in the span of a lifetime. It takes courage to cross each one, courage that begins with your inner voice. Whatever your motivation, CCLT will help you *build bridges* from where you are to where you want to be.

About CCLT

The Center for Career and Life Transitions (CCLT) is a training, coaching, and consulting group that helps people in transition leave **Anxiety** behind, establish **Balance**, and move forward with new-found **Confidence**. CCLT offers career-development and life-skills advice, self-discovery assessments and tools.

The steps of our **ABC Change Model™** present a clear path to help you hear your inner voice and connect with your career and life goals. People often find themselves so busy taking care of others—aging parents, children, spouses, or partners—that their own voices become drowned out, and it becomes harder to imagine themselves in a new situation.

CCLT tools provide the courage to listen to *your* voice, hear *your* calling, and live *your* true life—the one *you* were meant to live.

About Monica Sauls: Founder, CCLT



Monica Sauls' career spans fifteen years, embracing all facets of human resources (HR), change management, and career development. As a corporate HR leader for various Fortune 500 companies across diverse industries, Monica has written more than two hundred corporate manuals and career-development programs, helping all levels of professionals, from entry-level employees to executives, thrive during complex career challenges. Monica has held HR, development-focused positions for companies such as Walgreens, Ingersoll-Rand, Edward Jones, and Sears.

Voted a Human Resources GAME CHANGER in 2013 by *Workforce Magazine*, Monica is recognized as part of "an elite group of young, dynamic HR thought leaders and practitioners who are helping to reshape people-management strategies around the globe." She serves as a board member and president for the St. Louis affiliate of *HR People and Strategy (HRPS)*, a national, strategically focused network of HR executives who represent the world's most prominent organizations.

Television Appearances

Monica is the go-to expert on all things career and is frequently interviewed on local television programs about career development and sought out for advice by national publications.



Speaking Engagements

In 2004, Monica taught a training and career-development course for Keller Graduate School of Management's MBA program. She has delivered presentations for various not-for-profit organizations and professional associations, such as Dress for Success, Society for Human Resource Management, International Society of Performance Improvement, Urban Futures, among others. For more information about what people are saying about Monica, please visit <http://monicasauls.com/>.

Areas of Expertise

Career and job-change strategies, workforce management, leadership, bouncing back from career/life setbacks, organizational learning and development.

About Marcey Uday-Riley: Founder, CCLT



Marcey Uday-Riley, MSW, CPT, is a senior consultant, trainer, and coach. For more than thirty years, Marcey has designed, developed, and delivered strategies and tools to strengthen people's capabilities and achieve business objectives. Marcey is an internationally recognized authority who has worked on almost every continent to enhance human performance in the workplace. She is the author of two bestselling videos on career transitions: *Ready, Set, CHANGE*, which provides practical tools to help individuals embrace change; and *From Peer to Boss*, which teaches newly promoted managers effective transition strategies.

Marcey has published numerous articles and chapters in respected industry journals. She is a past board member of the Michigan Chapter of the International Society for Performance Improvement (ISPI) and a working member of the International Chapter of ISPI. She was an adjunct professor at Oakland University in Michigan and has been invited to take part in local, national, and international panels on diversity and professional development. Marcey was an active member of a task force to support the efforts of the incoming mayor of Detroit to transform the city's human resources department into one that utilizes best practices.

Sample of Recent Publications



- "Engaging Stakeholders for Smooth M&A Transitions." *Spectrum*, January/February (2014)
- "Teaching Managers to Lead: A Practical, Hands-on Approach." *California Healthcare News* (2013)
- "Process Improvement." *Handbook of Improving Performance in the Workplace: Volume 2: Selecting & Implementing Performance Interventions* (2010)
- "Eight Critical Steps to Improve Workplace Performance with Cross Cultural Teams." *ISPI Performance Improvement Journal* (2006)
- "An Operational Perspective on the Difference between Management and Leadership." *ASTD LINKS* (2004)

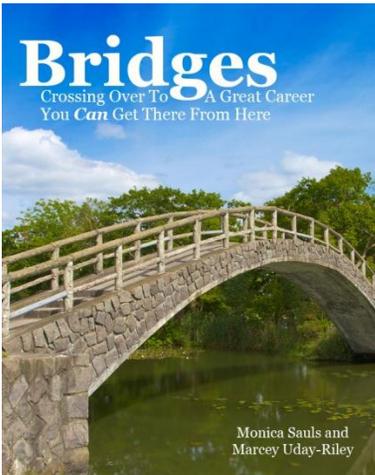
Speaking Engagements



Marcey's career has been built around her ability to help people learn new skills and develop new ways to successfully manage work and life requirements. A sought-after trainer, presenter, facilitator, and coach, Marcey presents workshops and facilitates groups as small as six people and as large as hundreds in organizations such as Ingersoll Rand University, Valeo North America, The Hospital Association of Southern California, International Society for Performance Improvement, Wayne State University, The City of Detroit, and other organizations in the private and public sectors. Known for her engaging, humorous style and real-life lessons, Marcey helps audiences learn practical new approaches to achieve work and life goals.

Areas of Expertise

Leadership and organization development, career and performance coaching, team and family problem solving, life-change strategies

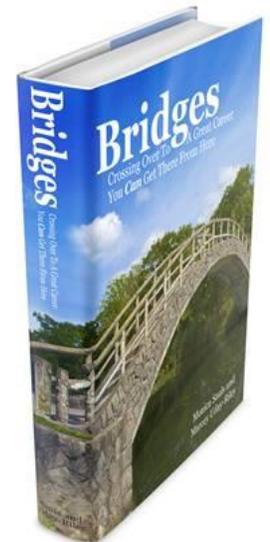


About the Book BRIDGES

BRIDGES offers a comprehensive program and workbook, from cover to cover. Each chapter includes a self-assessment, thoughts to ponder, or simple actionable steps to accelerate your movement through the book's **ABC Change Model™**. When considering a life change, it's normal to experience three mental states: Anxiety, Balance, and Confidence, The ABC's. Each state is a step in the predictable process of change. For most of us the idea of a significant life change triggers various types of anxiety. The goal of any successful change process is to help you build confidence that the change can have a positive outcome when navigated in the right way. The gap between anxiety and confidence requires a bridge. Crucial in the building of any bridge is structural balance, allowing the bridge to accommodate the stresses that will be placed on it by its environment as well as withstand the test of time in fulfilling its purpose. BRIDGES is your structural framework to cross over to a great career. You **can** get there from here.

BRIDGES will help you:

- ➔ Journey through the **ABC Change Model™** of Anxiety, Balance, Confidence.
- ➔ Promote self-reflection, discovery and insight to determine the best career direction.
- ➔ Clarify your thoughts and feelings about today and tomorrow's world of work and life.
- ➔ Develop practical career strategies to change old, nonproductive, ingrained habits.
- ➔ Overcome common life/career stage-dilemmas with positive resolutions.
- ➔ Create an enhanced and positive psychological state of mind while planning for a new career.
- ➔ Increase your comfort in taking risks by adapting actions to your career risk/tolerance level.
- ➔ Launch a successful career/job change or employment search with confidence.



Media Show Ideas

Popular Media and Speaking Topics for Monica and Marcey

- ➔ Risky Business: Five steps to managing risks in your career transition
- ➔ The Professional Pivot: Transforming your work identity
- ➔ Career Search Second Wind: Why you should have a team of friends (*and foes*) to help you through the days and nights
- ➔ Cool Career Conversations: Three chats you must have with your boss once a year
- ➔ Mindset Reset: Five strategies to transform a self-limiting mindset
- ➔ Habits in Charge: Taking back your life from useless, painful, or nonproductive habits
- ➔ Navigate the Seas of Change: Six essential steps to manage three emotional phases
- ➔ The Clock Keeps Ticking: Is time your enemy or friend?
- ➔ Helping Others Do Better: You *can* be their coach!
- ➔ Being the Boss: From peer to leader and beyond
- ➔ Teamwork: Four principles and essentials behaviors to build cooperative teams at work and home

Quotes from Monica and Marcey

Most Memorable Quotes

- ➔ “Your career voice is the subconscious expression of your dreams, aspirations, and who you want to be in the world of work.”
- ➔ “When you consider changing your career, your career voice sends you multiple messages. Making meaningful sense of these messages will help you identify and clarify your future.”
- ➔ “Every ten years, US travelers are required to renew their passports in order to reduce homeland security risks due to significantly changed situations. When your passport expires, you cannot travel out of the country without getting it renewed. Why continue to do what you are doing without reassessing if your present job is still in alignment with who you are? We can help you renew your career passport.”
- ➔ “While information is plentiful about how to negotiate a job search, information about career transitions is often overlooked. Job searches and career transitions are not the same. Knowing and accepting the distinction between the two opens the door to understanding what you can do to successfully switch careers.”
- ➔ “The idea of switching careers after you have established one is unnerving. However, transitioning into a new career does not have to be frightening. Rather than letting change just happen on its own, use the tips and strategies in the ABC approach to help you to find and clarify your career voice.”
- ➔ “Getting feedback from a totally objective perspective will help you better understand your strengths and potential limitations. After all, you can't change what you don't know.”
- ➔ “Although every individual is different, people come to each situation with amazingly predictable patterns of behavior. Knowing these patterns about yourself and others, and how to respond to them, is a powerful way to reduce conflict and build healthy relationships.”
- ➔ “By choosing a familiar path, you may anticipate a comfortable and content life; but you will never know if the road not taken could have provided you with something better, something greater, something more rewarding.”

On Air Questions CCLT Can Answer

1. Tell us about your upcoming book, BRIDGES.
2. What is CCLT and what can people expect when they visit your website?
3. You talk about engaging with naysayers in the career-change process. How could that possibly help?
4. How is your ABC change approach different from other people's change models?
5. What are the biggest mistakes that career-seekers make when trying to move into a new job, career, or employer?
6. Your work is focused on three categories of life changes: 1) Career Planning and Advancement; 2) Bouncing Back from Setbacks; and 3) Relationships at Work and Home. Why is each of these categories important to you?
7. What are the biggest challenges facing job seekers in today's labor market?
8. What type of career conversations should an employee have with his or her boss? What is the best approach?
9. What are some simple strategies people can use to manage or resolve conflict in a way that maintains healthy relationships?
10. How can you be sure your advice will be helpful when someone interacts with your website or engages your services?
11. You've said that breaking habits is one of the biggest challenges that people face when making any change in life. How can your approach help people break habits they have developed over a lifetime?
12. How can you help someone with a mindset that life is filled with trouble and pain become a positive thinker?
13. You've said that finding a healthy balance between work and life is essential for healthy and productive relationships. How can you help people find a balance that works for them?
14. Most people have to make choices and compromises throughout their lives. How do you prevent them from becoming so focused on themselves that they begin to alienate the people that care about them?
15. What are the most important skills required to make any change successful in life?

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