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**Thrive! Keynote:**

Dustin Anderson

admin@dustinanderson.biz

(701) 730-4031

**Title:** Change That Sticks

**Description:** Do you struggle to make changes in your life that stick? Ever feel like you’re making progress in an area of your life only to go back to old patterns after a month or two?

Change is hard work and uncomfortable. It stretches us beyond our comfort zones. It requires we pay a cost to receive the growth. And it usually takes more time than we would like.

I will explore two of John Maxwell’s “15 Invaluable Laws of Growth.” These laws set a foundation for how growth happens in our lives. And they give you tools for creating a growth plan that sticks. I will also share how these 15 laws have been transformational in my own life. Learn to make more changes in your life that stick!

I would love the opportunity to elaborate on any questions you have or information you need.

**Category:**

* Faith & Work
	+ Making the right choices
* Professional Growth:
	+ Management and leadership strategies
	+ Generational challenges for management and communication
	+ Goal setting strategies
	+ New ways to empower people
* Business Development
	+ Leadership and management strategies
	+ Building employee engagement