



# ANIA GRIMONE

## Making Change Easy

Ania Grimone is an international expert on successfully navigating change. She holds a BA in Organization and Management, MS in Oriental Medicine and CPCC coaching certification. Her career spans advertising, fashion modeling, Chinese medicine, acupuncture, Life and Health coaching, teaching and public speaking. She has lived and worked in 6 different countries on 3 continents. Ania helps her clients move through significant and disruptive personal and organizational changes, so they can quickly and effectively reach their next stage, while maximizing learning and minimizing stress. She has spent years studying how fear plays into resistance to change

and gets in the way of successful transition. Working with her clients she developed a way to use fear creatively, so it becomes the most powerful aid in navigating transitions quickly to the next exciting chapter. Ania's style is fun and practical. Her mission is to quickly bypass obstacles to change and to eliminate fear as a primary force underlying destructive patterns of behavior.

## ANIA'S MOST POPULAR MEDIA TOPICS

- ✓ **How to scare yourself into success instead of trying to be fearless** - Ania shares how fear is one of the most powerful tools for success while reducing stress and bypassing the biggest obstacle to successful change.  
**Value add for the audience** - Learn how to interpret fear, so it doesn't get you stuck and how to not feel the negative emotion while holding on to the value it provides.
- ✓ **Why being good at change is more important than being good at what you do?** - Change is certain and it has the power to derail best laid plans. Learn to move easily through any storm.  
**Value add for the audience** - Learn 3 steps to quickly move towards the next chapter after experiencing a disruptive change.
- ✓ **How to have a mind of steel and be bulletproof in the face of change** - When change happens, the emotional fallout can get you overwhelmed, stuck and ineffective. Practice mental fitness, so you are ready for anything.  
**Value add for the audience** - Learn three skills to improve resilience in the face of change.

## PRAISE

"I went through breast cancer and the fear of recurrence was stifling my productivity and ability to enjoy life. Working with Ania, helped me reconnect to family and stop looking over my shoulder."—**Ellen Rosenbaum, Business Owner**

"I was afraid and stuck professionally before working with Ania. Since, I made a transition, found new career I love and am quickly climbing the ladder."—**Carol Debose, Procurement Officer**

## CONTACT

✉ [ania@MasteringTransitions.com](mailto:ania@MasteringTransitions.com)

☎ (773) 343-5260

➔ [www.MasteringTransitions.com](http://www.MasteringTransitions.com)



@MasteringTransitions