



PRESENTATION DESCRIPTION

**“If You Can't Run with the Big Dogs,
Get Back Up on the Porch With the Puppies!”**

106 words

The only constant in the universe is change. The world is going to change with or without us, so we may as well enjoy the ride! Kay believes that people who maintain their sense of humor in the face of change are happier, healthier and more productive. In our fast-paced lives, we need to remember the importance of looking at change as an adventure. By understanding that while we may not have much control over outside circumstances, we CAN control our reactions to them, we can welcome change as an inevitable part of life. If our choice is to laugh or cry, why not laugh?

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