



**AUTHOR**

**EXECUTIVE COACH**

**TRANSITIONS EXPERT**

***The LifeQuake Phenomenon:***

Shifting from Disastering to Mastering  
Any Change Successfully

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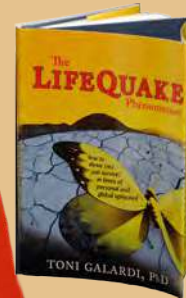
***The Abbondanza Method:***

Secrets Learned from My Italian  
Grandmother for Living Abundantly,  
No Matter What Life Throws at You

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***Shifting the Paradigm:***

Eight Italian Practices for Successful,  
Effective Leadership



*“Toni is an incredible  
gift to any audience  
privileged to hear her  
speak.”*

*Barbara Bannister,  
President  
Xerox Management  
Association*

**DR. TONI GALARDI**

MASTERING CHANGE...ITALIAN STYLE

Mastering Change...Italian Style

# DR. TONI GALARDI



*"As a crisis-prevention expert, Dr. Galardi provided us with a unique and expansive tool kit of disaster-averting business practices—all while being enlightening and entertaining..."*

**Kathleen Thurmond,**  
President, The National Association of Women Business Owners

*"Dr. Galardi conveys a unique combination of professionalism and openness...She is an incredible gift to any audience privileged to hear her speak."*

**Barbara Bannister,**  
President,  
Xerox Management Association

*"Her science-based presentations will improve your workplace wellness and productivity, inspire enthusiasm and collaboration—and increase your company's bottom line."*

**D. Diane Miller, CEO**  
International Education Collaborative Foundation

*"You're very calming. It's only been a few minutes and I'm already feeling de-stressed. I feel great!"*

**Jillian Reynolds,**  
co-host,  
Good Day LA – FOX TV

## CLIENTS

- American Bus and Tours Association
- ARCO
- Ascend Recovery Treatment Center
- Auto Desk Inc.
- California Association of Marriage and Family Therapy Conference
- Cliffside Malibu Treatment Facility
- Court Watch Headquarters
- Educational Assistants Conference of Western Canada
- Emperor's College
- Hired Power Company
- Interactive Arts, Inc.
- International Education and Collaborative Foundation
- International Party Supply Convention
- MS Management Services
- Milestones Ranch Malibu Dual Diagnosis Treatment Center
- National Association of Women Business Owners
- Passages Addiction Cure Center
- Renaissance Summit Conference
- Ryokan College
- South Coast College
- Wealth for Women Global Summit
- Women's Association of Addiction Treatment of Los Angeles
- Women In Business
- Women in Management
- Women of the World
- Xerox Corporation

## EXPERIENCE

Acclaimed international speaker, change management crisis intervention consultant and author of the celebrated book, *The LifeQuake Phenomenon: How to Thrive Not Just Survive in Times of Personal and Global Upheaval*, Dr. Galardi has been a recurring guest expert for a wide range of regional, national and international media outlets. As a speaker, trainer, and former adjunct professor of psychology, Dr. Toni has worked with organizations as diverse as Xerox Corp, Interactive Arts Inc, and AutoDesk Inc.

Dr. Toni received her Ph.D. in psychology and organizational development from Barrington University, her Master of Arts in marriage, family, and child counseling from Chapman University and Bachelor of Science in public administration from the University of Arizona. She has been a licensed psychotherapist in the state of California for over twenty years.



## PRESENTATIONS

### **The LifeQuake Phenomenon: Shifting from Disastering to Mastering Any Change Successfully**

Based on Dr. Galardi's book, *The LifeQuake Phenomenon*, this presentation outlines the seven stages that we—our bodies, minds and spirits—move through as we convert intense, unasked for change into a passionate, purpose-driven life.

You'll learn how to:

- *Pro-actively* choose change yourself before it chooses you...
- *Emerge* from personal and professional quakes with resilience and new purpose...
- *Defy age* and build prosperity by becoming an agent of change in the workplace and the world...

### **The Abbondanza Method: Secrets Learned from My Italian Grandmother for Living Abundantly No Matter What Life Throws at You**

- *Transform the natural fear* of change into a process that is both exciting and creates passion for what comes next.
- Experience the easy to use techniques and watch emotional resistance to any breakdown instantly disappear.
- *Learn the actual neuroscience* of what creates change mastery through increasing oxytocin, our body's natural stress reliever.

### **Eight Italian Practices for Successful, Effective Leadership**

Dr. Galardi shares 8 Italian practices that translate into successful leadership during crisis-driven transitions and daily breakdowns.

A sampler:

- *Connezione* means connection. How do you build rapport and make genuine contact in a high stressed, fast paced environment?
- *Sprezzatura* means appearing to make things look easy in a difficult transition or change.
- *Abbondanza* means finding the gain in every breakdown or loss and you will still increase bottom line job satisfaction, loyalty and healthy employees.

**Bring Dr. Toni Galardi to your event and discover how to move from stress to success with the ease of Abbondanza!**