



AUTHOR

EXECUTIVE COACH

TRANSITIONS EXPERT

The LifeQuake Phenomenon:

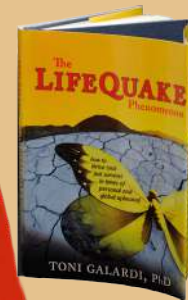
Shifting from Disastering to Mastering
Any Change Successfully

The Abbondanza Method:

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

Shifting the Paradigm:

Eight Italian Practices for Successful,
Effective Leadership



*"Toni is an incredible
gift to any audience
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*Barbara Bannister,
President
Xerox Management
Association*

DR. TONI GALARDI

MASTERING CHANGE...ITALIAN STYLE

Mastering Change...Italian Style

DR. TONI GALARDI



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

*Jillian Reynolds,
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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!

TONI GALARDI, PhD

Mastering the Art of Change, Italian style

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Dr. Galardi has been a recurring guest expert on change management and crisis intervention for a wide range of regional, national and international media outlets, including Good Day LA, FOX NEWS, ABC, AOL, Health Magazine, New York Post, More Magazine, Counselor Magazine, the Neil Cavuto Show, Good Day San Diego, and numerous radio shows.

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PRESENTATIONS

Abbondanza!: Secrets I Learned from my Italian grandmother about making the most out of whatever happens

Renowned financier and Bank of America founder A.P. Giannini put it simply: “Enjoy your work, worry less, and have more fun!”

Book Dr. Toni for your event and discover how to move through any stressful experience or transition, into a place of abundance, wisdom, and generosity—Abbondanza!

- *Transform the natural fear* of change into a process that is both exciting and creates passion for what comes next.
- *Learn the actual neuroscience* of what creates change mastery through increasing oxytocin, our body’s natural stress reliever.

The LifeQuake Method: From Disastering to Mastering Change

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- *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.

Seven Italian Words For Successful, Effective Leadership

Dr. Galardi shares 7 Italian words that translate into successful leadership during crisis-driven transitions and daily breakdowns.

- *Connezione*: Connection. How do you build rapport and make genuine contact in a high stressed, fast paced environment?
- *Sprezzatura*: Appearing to make things look easy in a difficult transition or change.
- *Abbondanza*: Finding the gain in every breakdown or loss while increasing the job satisfaction, loyalty and health of employees.

**MAXIMIZING
YOUR GREATEST
CAPITAL ASSET:
THE EMOTIONAL HEALTH
AND ADAPTABILITY
OF YOUR EMPLOYEES**

Abbondanza:

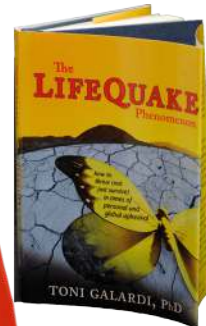
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WITH A SECOND
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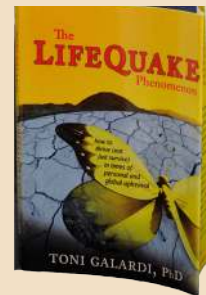
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