



# Who Moved My Cheese??

## Program and video summary

Based on the #1 best-selling book of the same name, ***Who Moved My Cheese?*** is a simple animated parable that reveals profound truths about change. From one of the world's acknowledged experts on management, Dr. Spencer Johnson, this program is an amusing and enlightening story of four characters who live in a "Maze" and look for "Cheese" to nourish them and make them happy. Two are mice named Sniff and Scurry. And two are "little-people" - beings the size of mice - who look and act a lot like people. Their names are Hem and Haw.

"Cheese" is a metaphor for what you want to have in life - whether it is a good job, a loving relationship, money, a possession, health, or spiritual peace of mind. "The Maze" is where you look for what you want - the organization you work in, or the family or community you live in.

In the story, the characters are faced with unexpected change. All four characters deal with change in very different ways. The lessons learned are conveyed as handwriting on the maze walls.

Participants will discover for themselves how to deal with change. And when you see "The Handwriting on the Wall", you can enjoy more success and less stress (however you define it) in your work and in your life.

### **The video:**

- Provides participants with a positive way of looking at change
- Reduces the stress people feel when faced with change
- Encourages participants to be forward-thinking and adaptable

### **The workshop:**

- Adaptable to specific organizations and different industries
- Available in a two, three and four-hour format
- Highly interactive, small group and flip chart work
- Focuses on personal application – how does this information apply to you, to your organization? What can you use from the workshop in everyday life?