

## **AU to host motivational speaker offering ways to 'Transform Life'**

5/28/13

Alfred University will host a motivational workshop led by Rhonda Morton titled “Transform Your Life in Two Hours” on Tuesday, June 11 from 5:30 -7:30 p.m. at the Judson Leadership Center on campus. This interactive workshop, open to the public, will introduce concepts to overcome barriers to success and help participants discover new ways of thinking in professional settings.

Seating is limited. Pre-registered tickets are \$10; tickets will be \$15 at the door, if available. Please call 607-871-2971 or email [leadership@alfred.edu](mailto:leadership@alfred.edu) to reserve your space.

In this workshop, Morton will literally move participants through improvisational, experiential exercises and introduce brain-body behavior linkages that make approaching change easy and engaging. Her guidance will help participants discover their individual strengths, expand their thoughts to new possibilities, and inspire them to transform and open their minds to new ideas.

A transformation strategist with the Corning-based Savannah Consulting, Morton weaves her skills of improvisational performance to open up possibilities to the people, groups, and organizations she serves. She knows how to put ideas into action, how to get things done, and what gets in the way of accomplishing goals. She's created businesses, engineered solutions to societal problems, directed improvisational performance ensembles, published three books, and raised two children into adulthood.