

NEWS RELEASE

Total Career Success – Dr. Robert Pennington

Managing the Stress of Change in Turbulent Times

September 28, 2009 Show Features Dr. Robert Pennington, executive coach and educational psychologist on [managing stress and change](#) successfully.

“ One of the top hurdles to overcoming change is resistance. Rob shares techniques that can help you adapt more readily to the need for change and embrace it. ”

Houston, TX ([PRWEB](#)) September 24, 2009 – Dr. Robert Pennington, executive coach and educational psychologist will be featured on Total Career Success, an Internet show on VoiceAmerica Talk Radio Network, at 11 a.m. Central on Monday, September 28. The show is designed to inform and encourage listeners to achieve their career goals by featuring experts and business leaders to provide [job search assistance](#) and [career development](#). As a former university profession Dr. Pennington usually calls the shots, but on one occasion he took a 38 caliber shot to his chest by an unknown assailant! Pennington walks the talk of someone who knows professionally and personally how to deal well with life's challenges. In the corporate arena he supports managers and executives to lead effectively during change and conflict. Listeners will learn to:

- Recognize stress quicker and move through it faster
- Understand three definitions relating stress and change
- Discover the Positive Opposite Possibility of Worry
- Avoid up to 90% of stressful disagreements



Robert Pennington is experienced managing stress and change in his own life and work having been fired, divorced, and serving as primary care giver for a spouse with MS. There is no better teacher than one who has personally experienced and overcome the very challenges on which they advise. Dr. Pennington is a professional speaker, trainer, coach, and teacher. Having assisted Fortune 100 clients for 25 years, **Better Job Better Pay Better Life** Dr. Pennington shares timeless lessons on effective leadership, communications and team work.

Show co-host Sheryl Dawson shared, “It really does not matter your industry, function, position, or career, change will be a part of your daily life. Rob has the knowledge, experience, compassion and insight to help you deal with your life and work more effectively.”

Co-host Ken Dawson added, “One of the top hurdles to overcoming change is resistance. Rob shares techniques that can help you adapt more readily to the need for change and embrace it.”

Dawson encourages everyone, “Learn essential guidelines for dealing with any change you experience in your

life and career by listening in on Rob's personal story and proven strategies.”

The show will air live at 11 a.m. - noon Central on September 28, 2009. To listen, please visit Voiceamerica.com and search for Total Career Success. The archived show will be available for replay or download at the Total Career Success website, or from iTunes <http://www.itunes.com/podcast?id=311541702>

About Dr. Robert Pennington, Consultant & Coach

Resource International co-founder, Dr. Robert Pennington, is an educational psychologist who specializes in working with leaders and their direct reports to increase productivity by reducing resistance to change and/or conflict. He received his undergraduate degree in computer science and psychology (1970) and his Ph.D. in educational psychology (1976) from the University of Texas at Austin. Trained through the National Training Laboratory (NTL) in organizational development in the early 70's and a former faculty member of three universities: the University of Houston, la Universidad de Guadalajara, and Sam Houston State University, Dr. Pennington works in depth with organizations by supporting managers who are tasked with leading stressful and rapid change.

Coaching executives to more effectively integrate interpersonal skills into their leadership repertoire he assists organizations from the top down as well as the bottom up. He has consulted with the U.S. Navy during base closings; supported the Architect of the Capitol to enhance supervisory skills; coordinated NASA's Johnson Space Center assessment of it's workforce's effectiveness in dealing with change; and assisted employees of British Petroleum and Amoco in addressing their merging of different corporate cultures. His consultation and organizational diagnosis skills assist management in many large corporations, government agencies and professional associations in identifying critical issues and relationships which produce constructive change. In the spring of 2003, he was invited to teach Managing Change in the Workplace through the College of Technology at the University of Houston.

For more information visit robertpennington.com

About Total Career Success

Total Career Success is broadcast on VoiceAmerica, the world leader in Internet Talk Radio, and syndicated on World Talk Radio; the show aims to engage listeners in new ways of thinking about their potential, their goals, and their future. The show hosts are Ken and Sheryl Dawson, principals of Total Career Success, Inc. and authors of [Job Search: The Total System](#), 3rd edition. They have served corporations in [outplacement](#) and [career development](#) as well as <http://cpihouston.com> [talent management optimization for 30 years in their consulting firm Dawson Consulting Group. The show presents guests who are experts in their fields to share the lessons they have learned in succeeding in their various areas of excellence and to discuss tips about a broad range of [career development](#) issues, from specific career opportunities, to industries and workplace changes, to financial and advancement considerations.

For more information, visit totalcareersuccess.com and dawsonconsultinggroup.com

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