



INTRODUCTION

Imagine retiring from a sport and then, five years later, returning to compete. Imagine discovering that *everything had changed* while you were away, then imagine winning a medal at the Olympic Games!

For 21 years, Penny Vilagos competed in synchronized swimming with her twin sister Vicky – and together with their expert coaches, they developed strategies that allowed them to win when faced with such dramatic change following their comeback.

Penny has spoken to thousands, and has been published in 8 books including 4 in the '*Chicken Soup for the Soul*' series. She also has over 25 years of business experience.

Penny has applied these lessons learned to her personal life, when facing long term illness, and while re-establishing her successful business career. She now loves sharing these principles with audiences in order to help *you* Win When the Game Keeps Changing.

Please help me welcome ... Penny Vilagos.