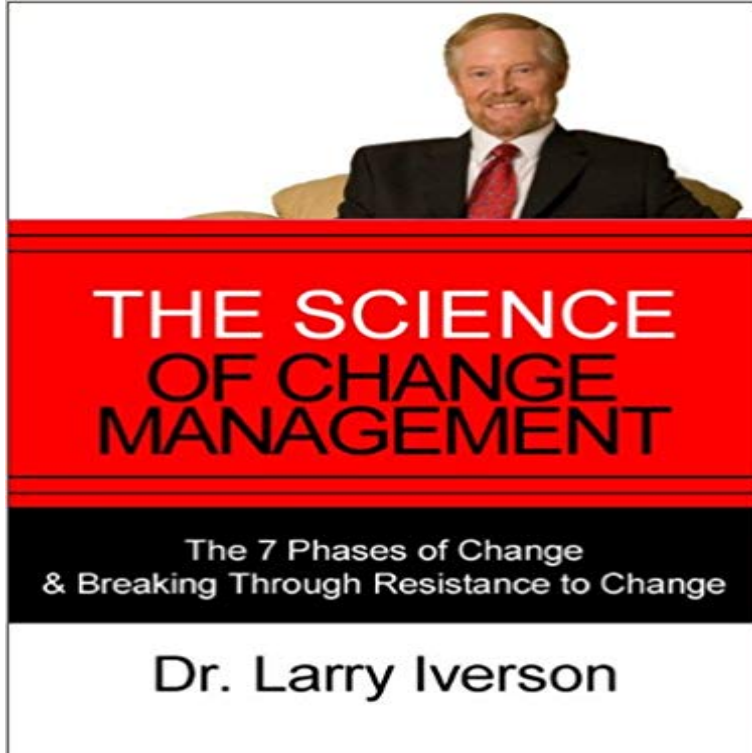


## The Science of Change Management: Breaking Through Resistance to Change



## The 7 Phases of Change &

Have you ever felt overwhelmed and had a hard time breaking free from it? What if there was a proven technique you could use that calms you in 2 to 5 minutes would you want to learn it? Would knowing 6 ways to increase resilience when unexpected change occurs be of help? Psychologist and author, Dr. Larry Iverson has worked with over a million people in the last 30 years helping them create better lives through proactively managing and driving change. Apply the strategies in 7 Powerful Strategies for Managing the Rapids of Change and gain better control beginning today! \*Learn 4 common practices used by people who are over 100 years old for managing change \*Learn 6 tactics that instantly increase your resilience to managing change or hardship \*Understand the 7 phases all change goes through, and how to better deal with them \*Learn why overwhelm happens, and how to overcome it easier and faster \*Know the #1 strategy for not just surviving change, but how to thrive during change.

Welcome to the blog of Joan le Grande. I'm changing the blog to english so forgive me the dutch articles before. I already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, virtual reality YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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Narrated by Dr. Larry **The Science of Change ManagementThe 7 Phases of - PDUs2Go** Our language (e.g., resistance to change), our assumptions, and our from childhood on through old age, actively seeking out change of all sorts. Change management is the process by which an organization gets to its future state, its vision. of the social science theories that can help the change management leader

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