

Embracing Change: You Can Do This!



A inspiring presentation by author and speaker, Dan Hegstad

Why, when we have the ability to choose to change why do we fight it with so much passion and energy? What are we afraid of? We all know that “The only constant is change” so what if we could learn to embrace change on our own terms? You can do it!

You will learn:

- Why it is so hard for people to change. What’s stopping you?
- The myths and misconceptions about change
- How to let go of fear and be open to change
- How to choose your reaction and attitude toward change
- Tips and skills you can learn and practice to help you embrace change.
- How to intentionally choose change.

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