

# Making change easy



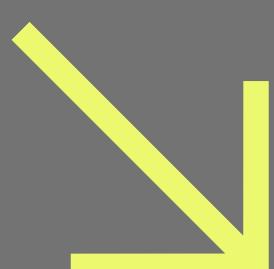
The new science

# Ever heard that “Change is hard”?



.. science tells us a *different* story:

about you  
relationships  
health  
work  
and beyond



# What science shows

We **ARE** changing.  
The **WORLD** is changing.

A new situation **CHANGES** you.



# **“WOMEN ARE MORE EMOTIONAL THAN MEN?”**

## **WRONG**

RESEARCH BY NEUROSCIENTIST AND UNIVERSITY  
DISTINGUISHED PROFESSOR OF PSYCHOLOGY FELDMAN  
BARRETT SHOWS THAT EMOTIONS ARE NOT  
BIOLOGICALLY HARDWIRED BUT CONSTRUCTED FROM A  
VARIETY OF SOURCES  
(BARRETT, 2017 - HOW EMOTIONS ARE MADE).



# "ALL MEN ARE THE SAME"?

## WRONG

Individuality in brain structure and neurochemistry means everyone has unique thoughts, emotions, and behaviors.

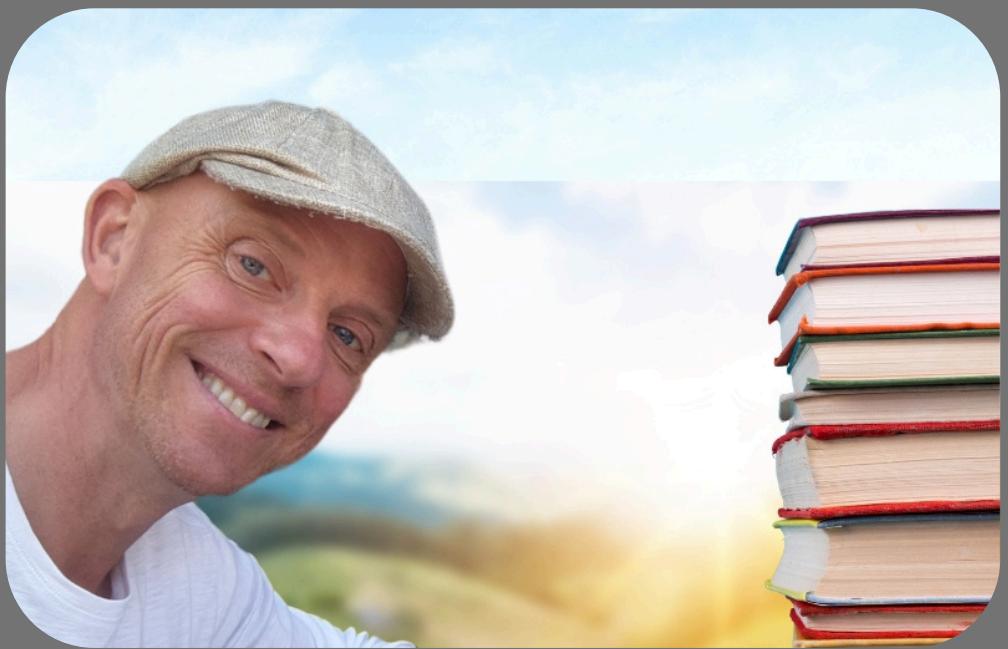
Same for women of course

(University of Zürich, 2018)



# .. more science for you

Making science  
easy to use



- Every brain is **unique** -> You are unique
- Your **experiences** shape you
- You are wired for **connection**
- Your behavior is **flexible**
- Your **brain** is changing
- **People** change, **You** change

- You are a slightly **”new you”** every day

Links to the science [here](#)

but sometimes ..

Change still FEELS  
hard, right?



Have you ever  
wondered ..



**WHY** people grow apart?

**WHY** what used to work  
doesn't work anymore?

and **HOW** to solve it?

# The answers are coming



First know this ..  
You are **NOT** a fixed character

You're a living system, influencing  
moments, meanings, and the situations  
you move through.

You **ARE** shaping  
your world

# Your story is .. right now



When **you learn** new skills,  
new opportunities open up

New experiences, deeper conversations,  
fascinating choices, and real change.

*“If a good life is based on good skills,  
a **better life** is based on  
better skills”*

# The (simple) answers



Why people grow apart?  
*Because they change in different directions  
or at different speeds*

Why “what used to work” no longer does?  
*Because WE change*

How to change it?  
*Learning new skills that give you  
real solutions*

.. if you want  
real solutions



15  
SOLUTIONS

MASTERING  
CHANGE

BETTER  
PSYCHOLOGY