

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 **FEEELS**
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



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SOLUTIONS

MASTERING
CHANGE

BETTER
PSYCHOLOGY