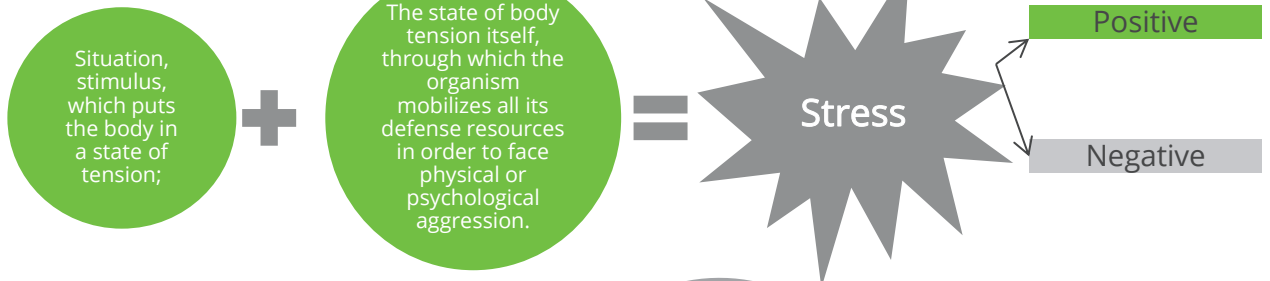


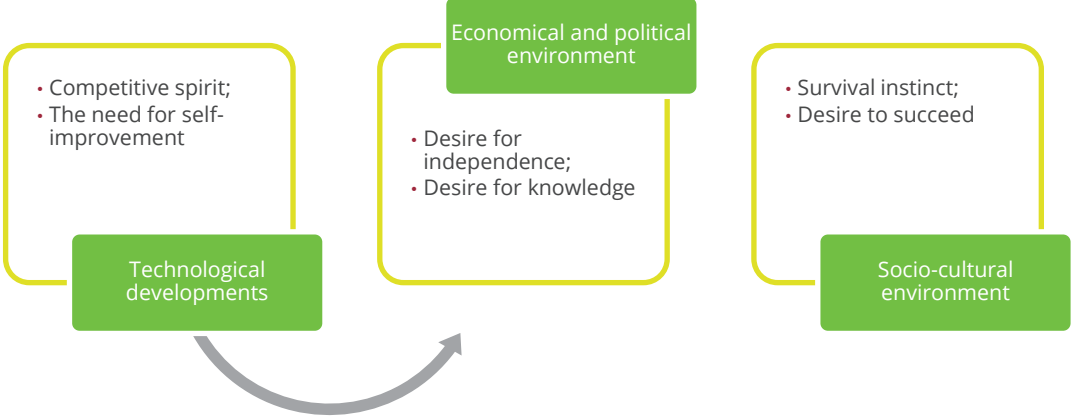
Change Management

Stress



„ The concept of stress, in its widest sense, includes any aggression on the body, of internal or external origin, which disrupts the homeostatic balance.“

Factors that cause change



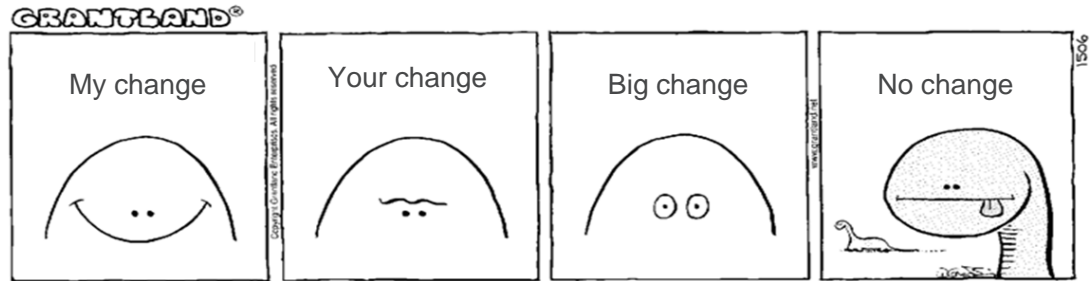
Types of change

- Structural change
- Strategic change
- Transformational change

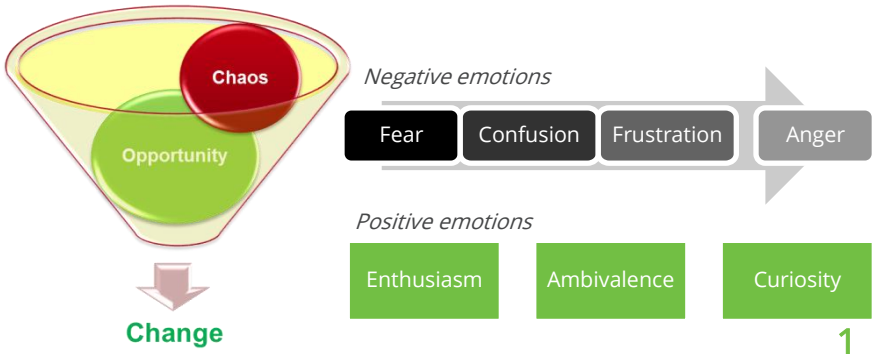
To change, according to dictionary: „means substituting one thing for another or a person for somebody else (of the same kind), to modify, to alter, to move“

“... change is generally a **modification**, a **conversion** or a **transformation** in the form and / or the content of an object, an activity, a natural product or thinking“

Change reactions

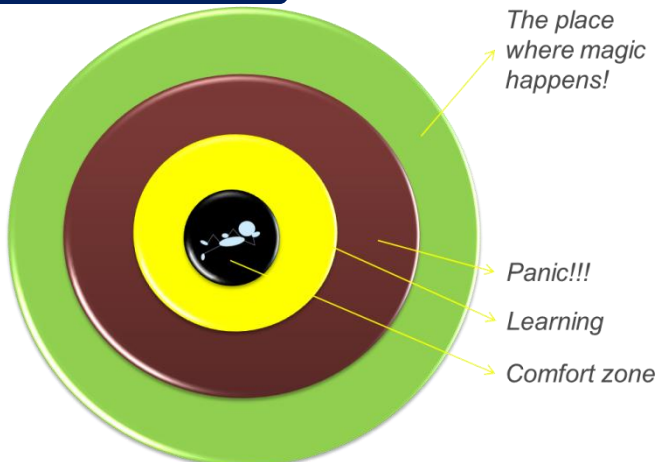


Emotional perspective

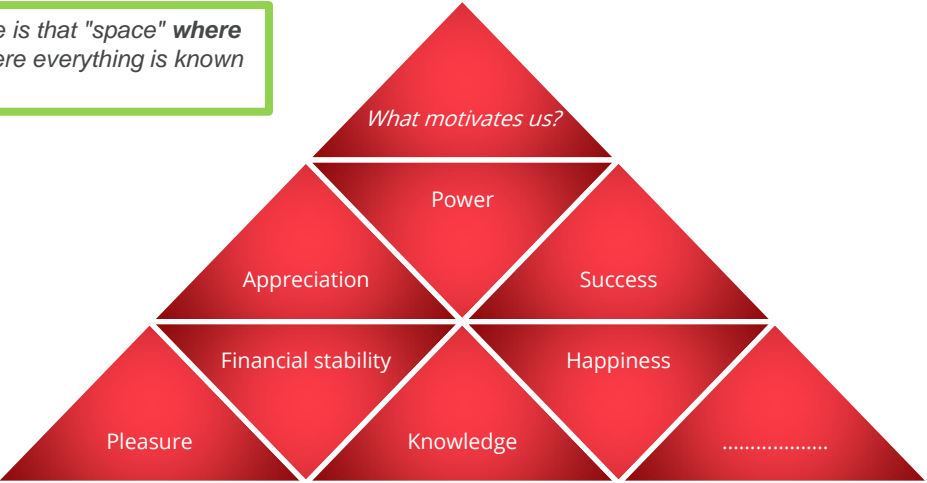


Change Management

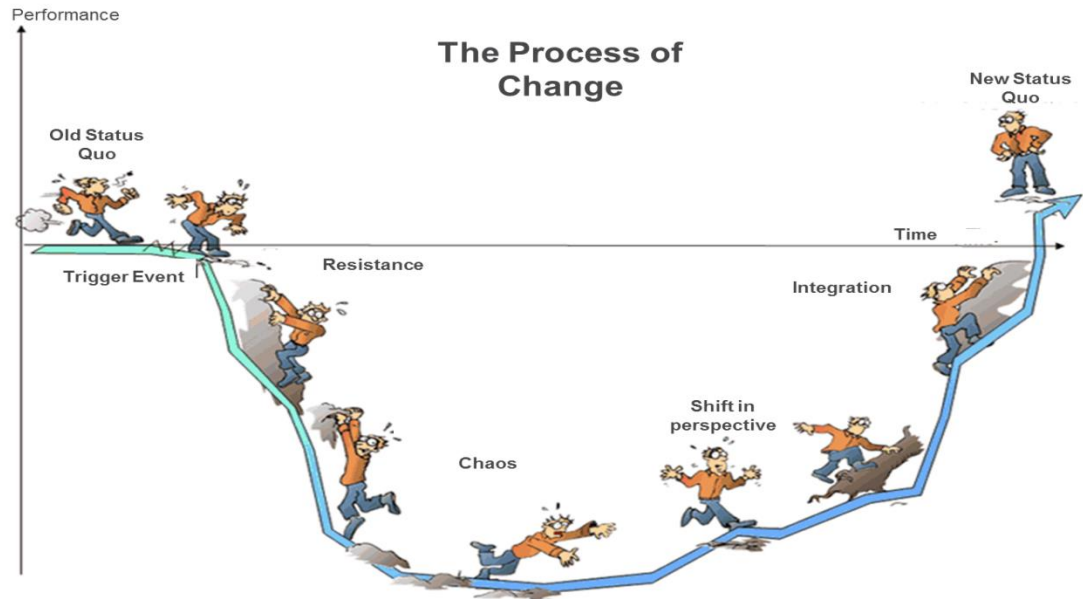
Comfort zone



That comfort zone is that "space" where we feel safe, where everything is known and predictable



The process of change



Create your own story

Be adaptable

Get out of your comfort zone

"Change happens when the pain of staying the same is greater than the pain of change."