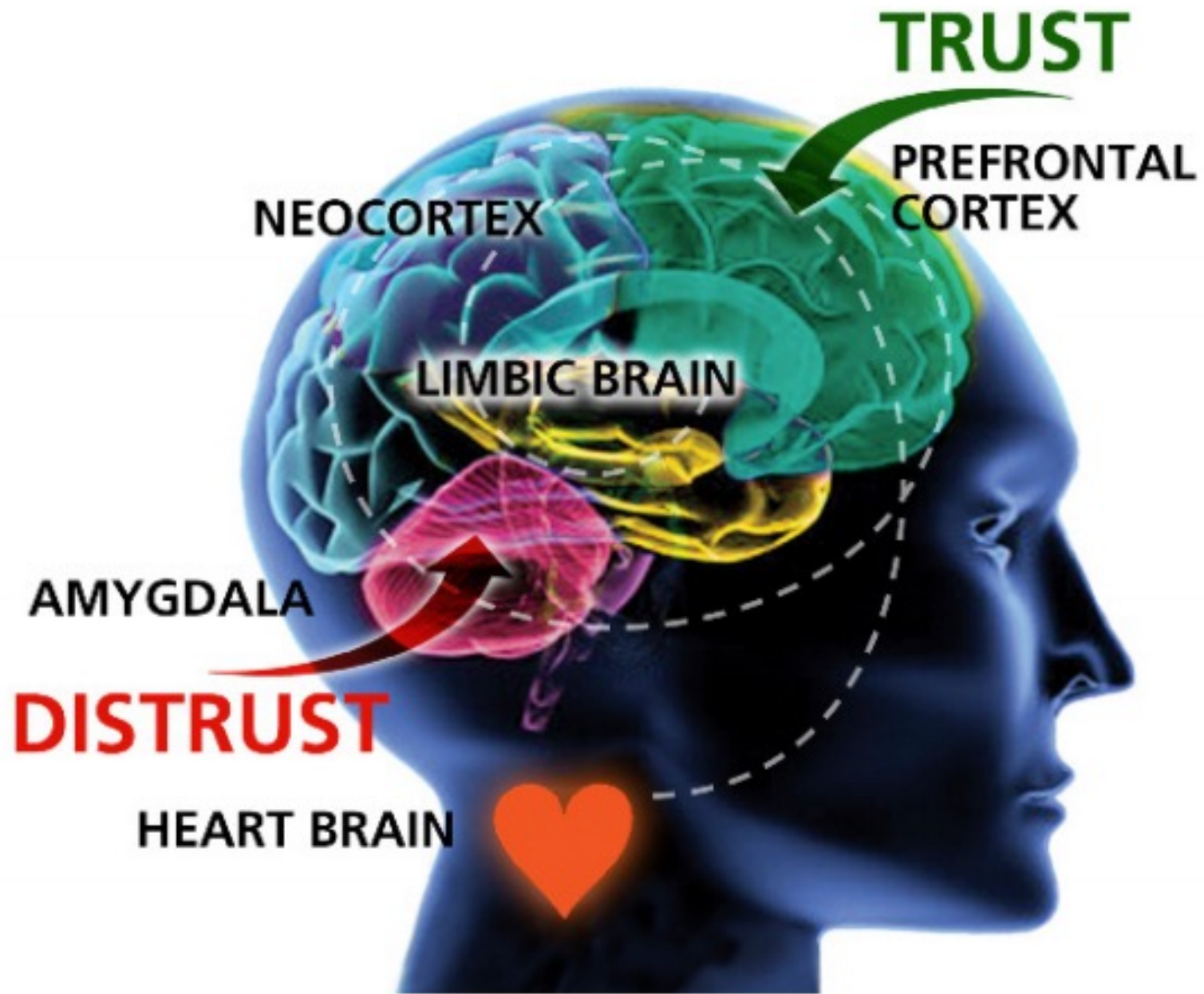


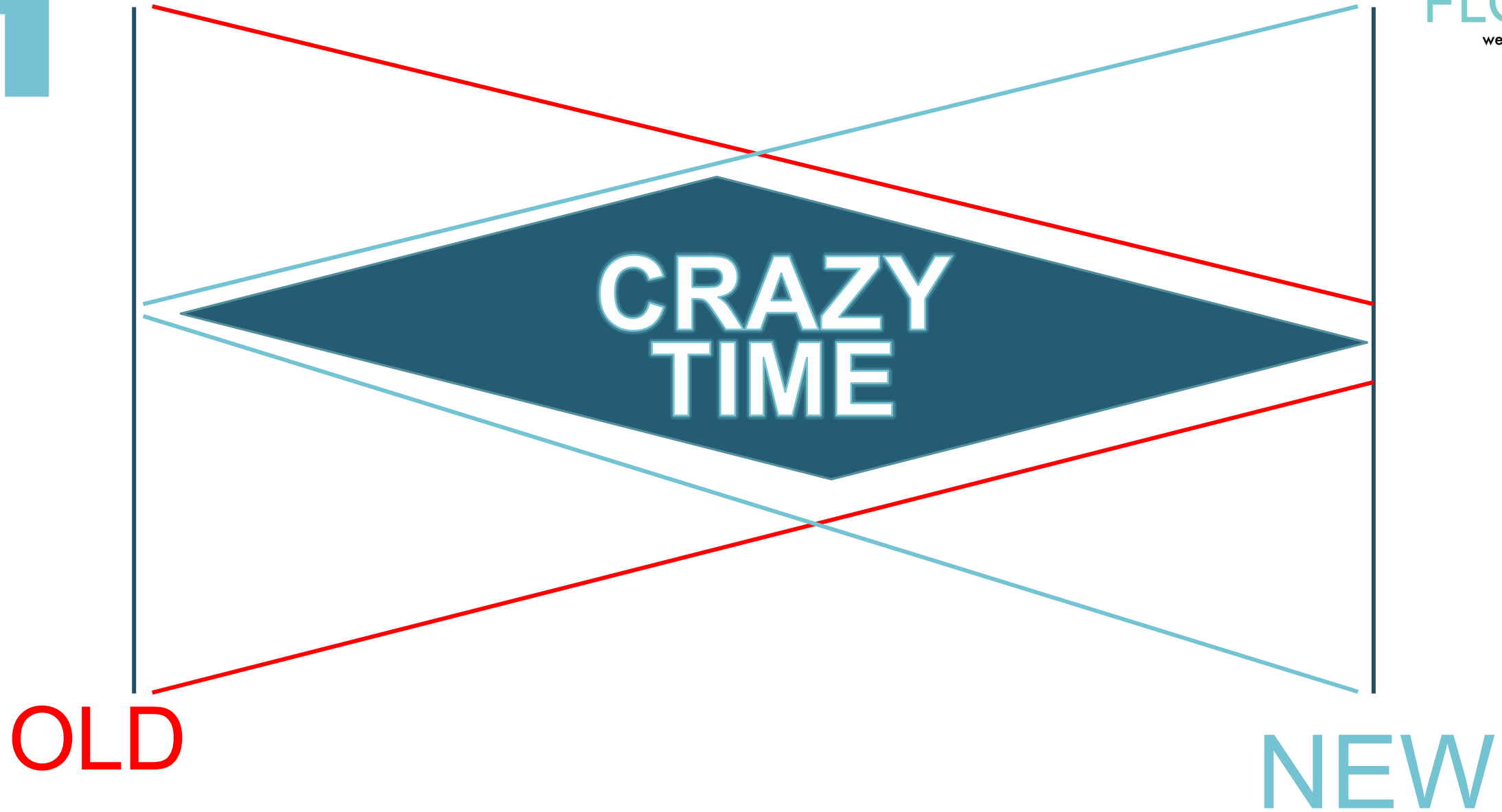


# Maneuvering through Change with Ease



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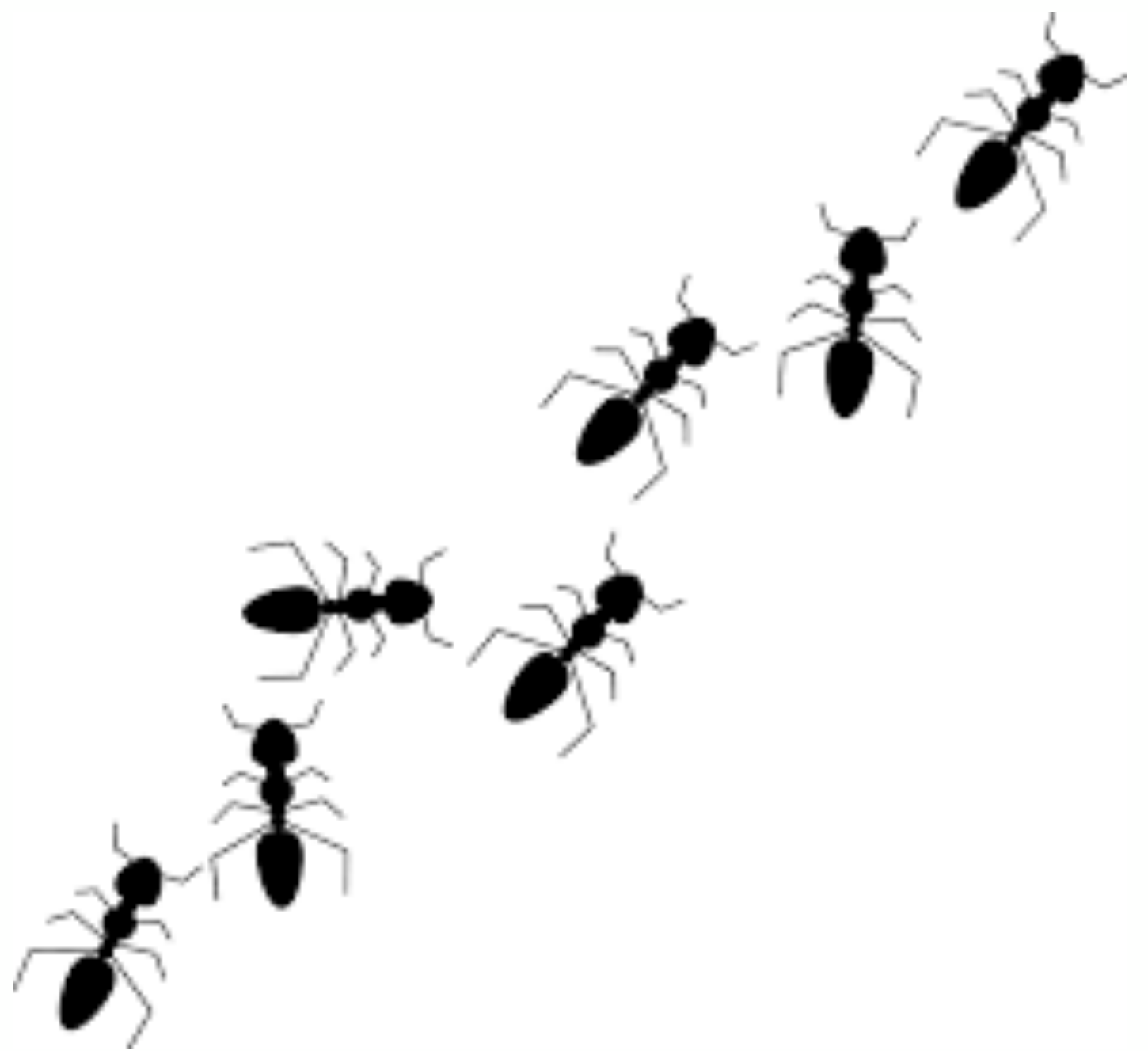




# ANTs

Automatic  
Negative  
Thoughts

- Our ANTs
- Other's ANTs



# Think a Thought $\neq$ Truth



## Nevertheless, I am willing.

# LEAP Training & Coaching

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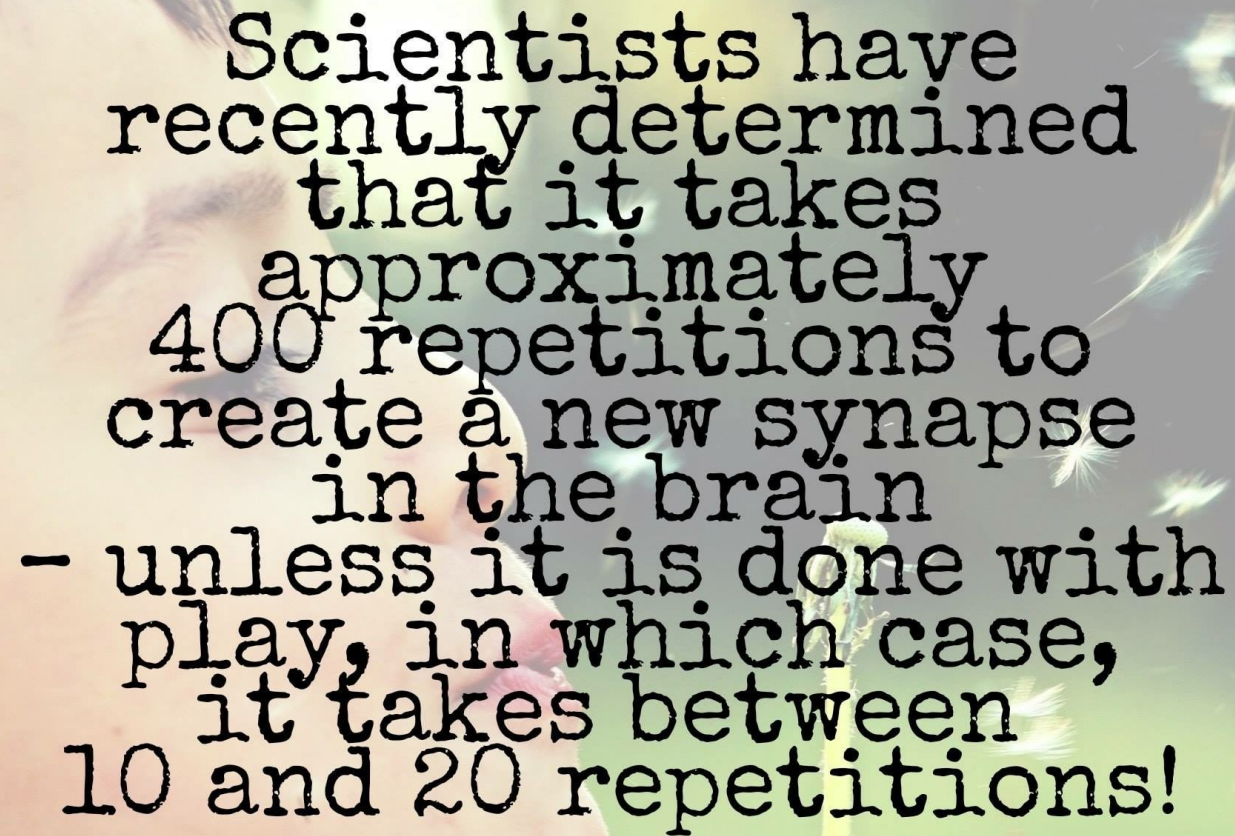
To Develop A Company's Greatest Asset: Their People



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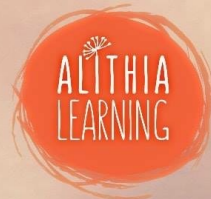






Scientists have recently determined that it takes approximately 400 repetitions to create a new synapse in the brain  
- unless it is done with play, in which case, it takes between 10 and 20 repetitions!

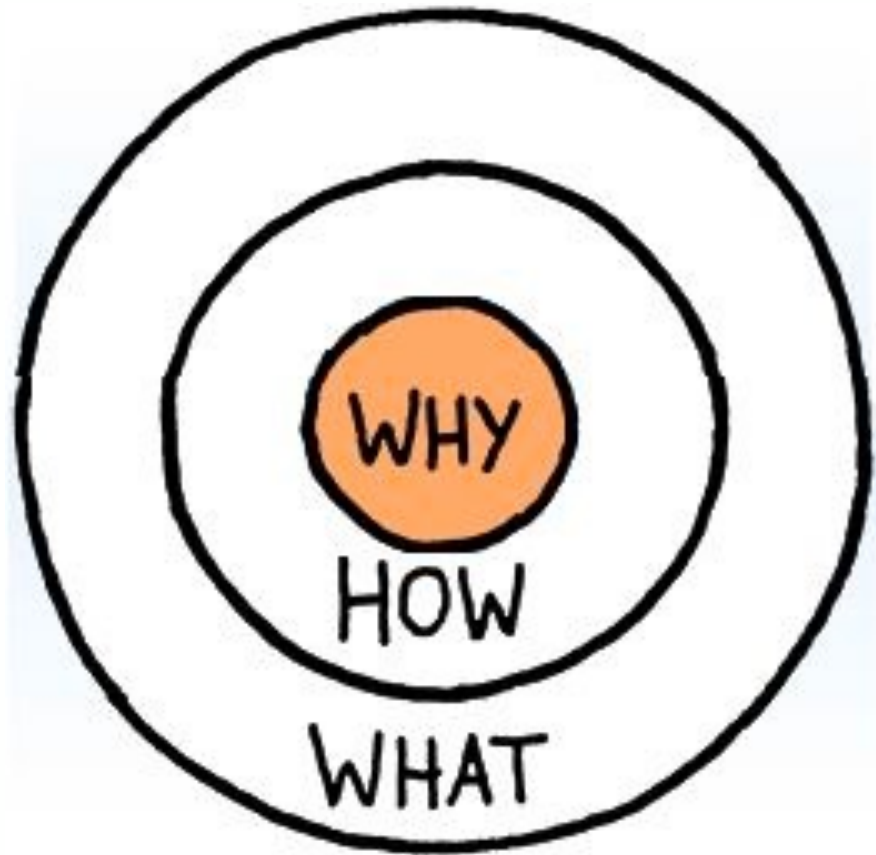
*Dr. Karyn Purvis.*

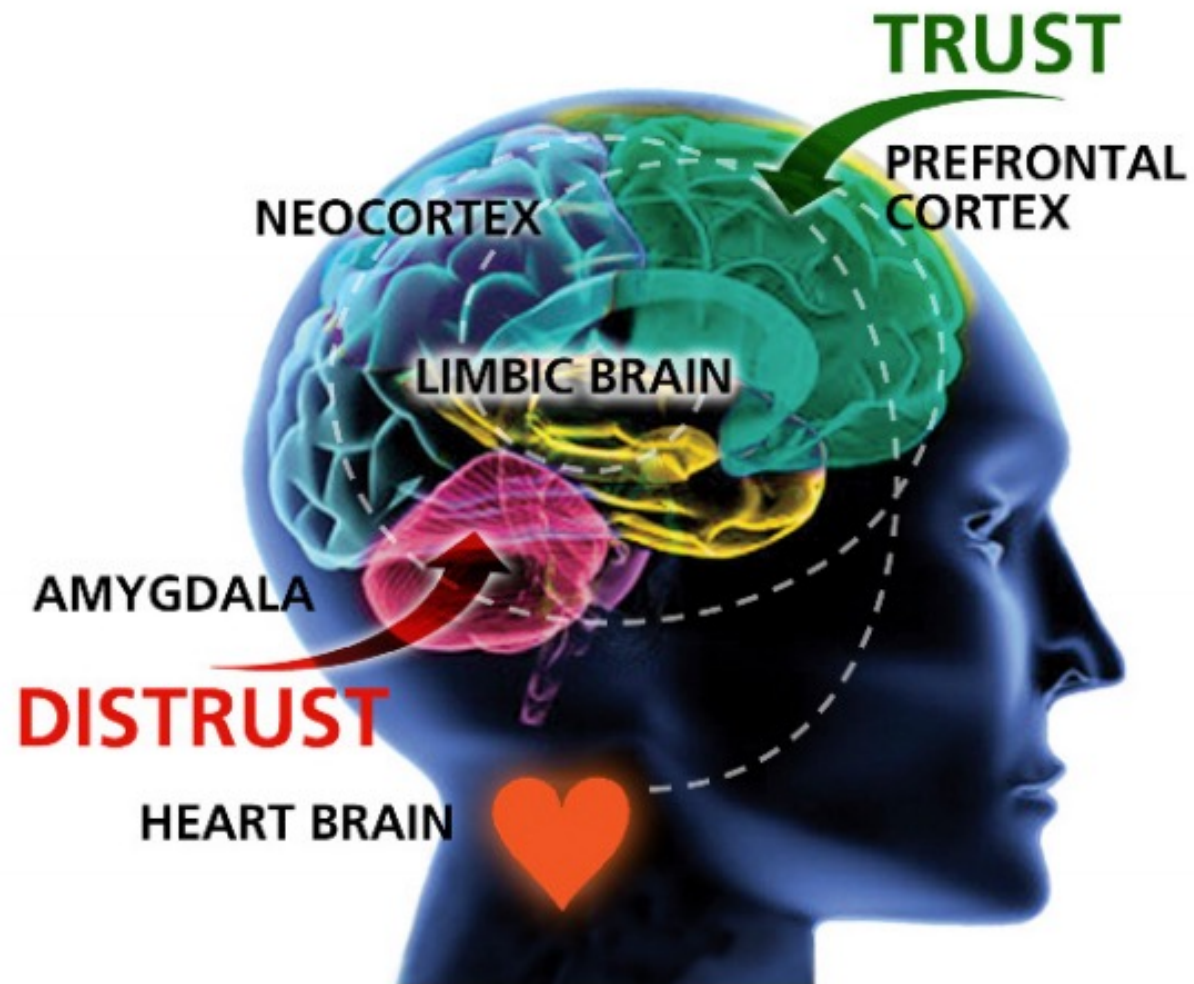






# The Purpose





# Priming for Trust

# All is Well

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# What We Focus On Matters



# Intentional Feedback Loops



# Acknowledgements

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# Celebrate Small, Sweet Steps





# Maneuvering through Change with Ease



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