

# On the Crest of a Wave...

There are times in your life when even what seems like good news can lead to low moments, and the bad stuff can seem like it will never end.

Significant changes in our life start us off on an emotional roller coaster that appears both unpredictable and out of our control. But it is within your control!

Research on what happens when we experience significant changes, from the birth of a child to losing our job, suggests that there are common patterns of emotional responses. Once we

understand what these responses are likely to be we can take pre-emptive action to deal with the low points and spend longer at the high ones. In effect, cresting the waves.

We can't always decide what effect change will have on us, but we can at least fix the odds. The **'On The Crest Of A Wave'** workshop will help you manage your Change Curves far more effectively.

