

A Free Benefit From



NEW



A new way to manage personal change for yourself and others.

Today we are living in times of constant change, uncertainty, and yes, even fear. However you no longer have to let uncertainty, stress, and anxiety consume you. You can now learn how to reduce stress and worry from change by learning how to manage change as it becomes Personal to you.

Scared So What is the 1st bespoke Personal Change Management model and app technology designed to put you in control over change. We believe everyone should have the right to learn this. That's why we're giving our 1st gen app to individuals around the world 100% FREE.



scaredsowhat.com

Personal Change Management

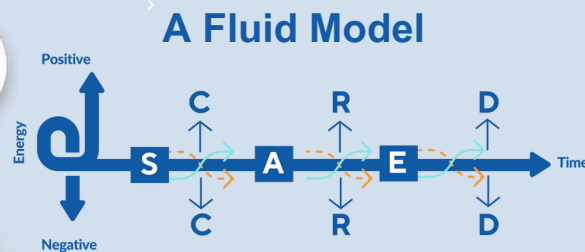
We haven't been taught how to manage personal change for ourselves as of yet. Typical change models assume you will accept all change. We know that's not true. You can reject change and be caught in confusion. SSW recognizes this ability and focuses exclusively on the personal side of change giving you empowerment to reflect on your feelings and then to make your own action plan. SSW gives you control over personal change so you can make the most out of any change situation.

The Model Works In 2 Parts:

SCARED: Reflecting on Feelings

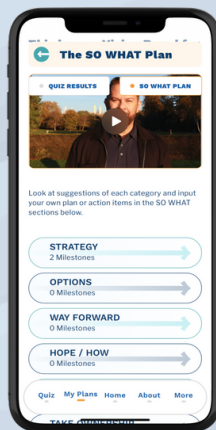
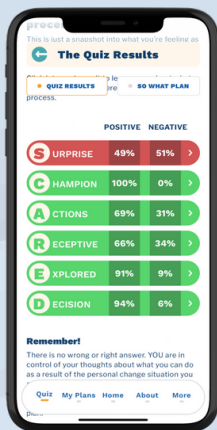
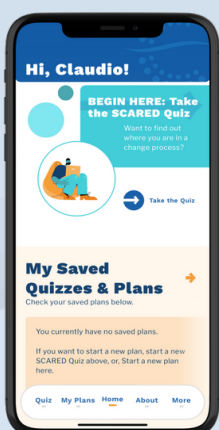


SO WHAT: Making A Plan



The APP allows you to take a quiz, reflect on personal change, see the outcomes of your feelings and what decision you can make. It then supports you to build your own plan to manage the change in the way you want. Download onto your mobile phones or tablets. Know that the app is fully GDPR compliant and 100% of your data is **private and confidential**. Download by scanning below and start using and learning today!

AD FREE! SPAM FREE!



FREE

