



## **The Myths of Change**

**Kolbuc and Associates**

**Myth #1: Expect Someone Else to Reduce Your Stress**

**Myth #2: Deciding You Don't Have to Change**

**Myth #3: You're a Victim of Change**

**Myth #4: You Can Play a New Game by Old Rules**

**Myth #5: You Can Have a Low-Stress Work Setting**

**Myth #6: You Can Control Change**

**Myth #7: You Can Choose Your Own Pace of Change**

**Myth #8: You Can Avoid New Assignments**

**Myth #9: You Can Eliminate Uncertainty**

**Myth #10: Caring Management Can Keep You Comfortable**



♪ **Based on the Work of Dr. Price Pritchett and Dr. Ron Pound**