

A Service From



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

Introducing Scared So What. The 1st Personal Change Management model and APP technology. It's designed to help people learn how to manage change for themselves and others.

Available in iOS (Apple) and Android, this APP supports people in learning to reduce fear, worry, stress, anxiety from change. Most importantly it teaches the ability to make informed decisions and actions vs assumptions and resistance.

This is a free service offered just for you and yours.



scaredsowhat.com



Personal Change Management

We haven't been taught how to manage personal change for ourselves as of yet. Typical change models assume people will accept all change. We know that's not true. People can reject change and be caught in confusion. SSW recognizes this ability and focuses exclusively on the personal side of change giving people empowerment to reflect on their feelings and then to make their own action plan. SSW supports mental clarity and wellness so we don't have to make unnecessary assumptions.

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. A free gift for you. Download onto your mobile phones or tablets. Know that the app is fully GDPR compliant and 100% of your data is private and confidential.

