

WILLING CHANGE by Jane Collins

INTRODUCTION

CHAPTER 1 LIVING THROUGH CHANGE

CHAPTER 2 THE IMPORTANCE OF THOUGHTS

- Your original self
- The organization of thoughts
- Core mindsets
- Your rules
- Results formula

CHAPTER 3 THE THOUGHT PROCESS

- Your mind is like a computer
- Mindset influences
- You are the programmer

CHAPTER 4 THE INTRODUCTION OF DOUBT

- Doubtful language
- Doubtful mindsets

CHAPTER 5 PERCEPTION

- Reality
- Perception is selective

CHAPTER 6 SELF-CONCEPT IS A PERCEPTION

- Self-awareness

CHAPTER 7 MODEL FOR CHANGING AND DEVELOPING MINDSETS

- The change model

CHAPTER 8 DEVELOP A MINDSET TO CREATE CHANGE

- Expect and embrace change

CHAPTER 9 DEVELOP A MINDSET TO HANDLE CHANGE

- Acceptance
- Decision-making
- Problem solving

CHAPTER 10 CASE STUDY

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