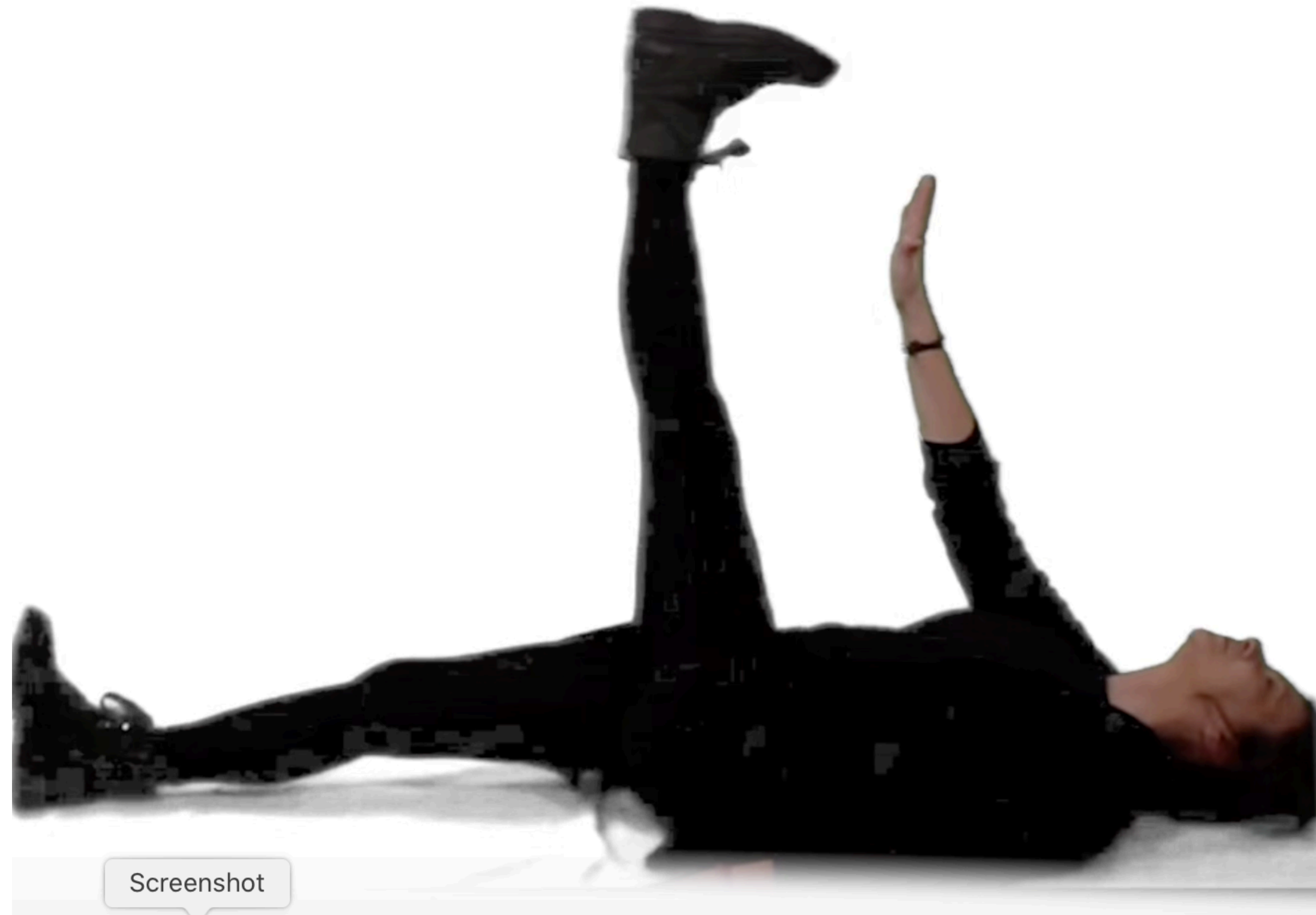


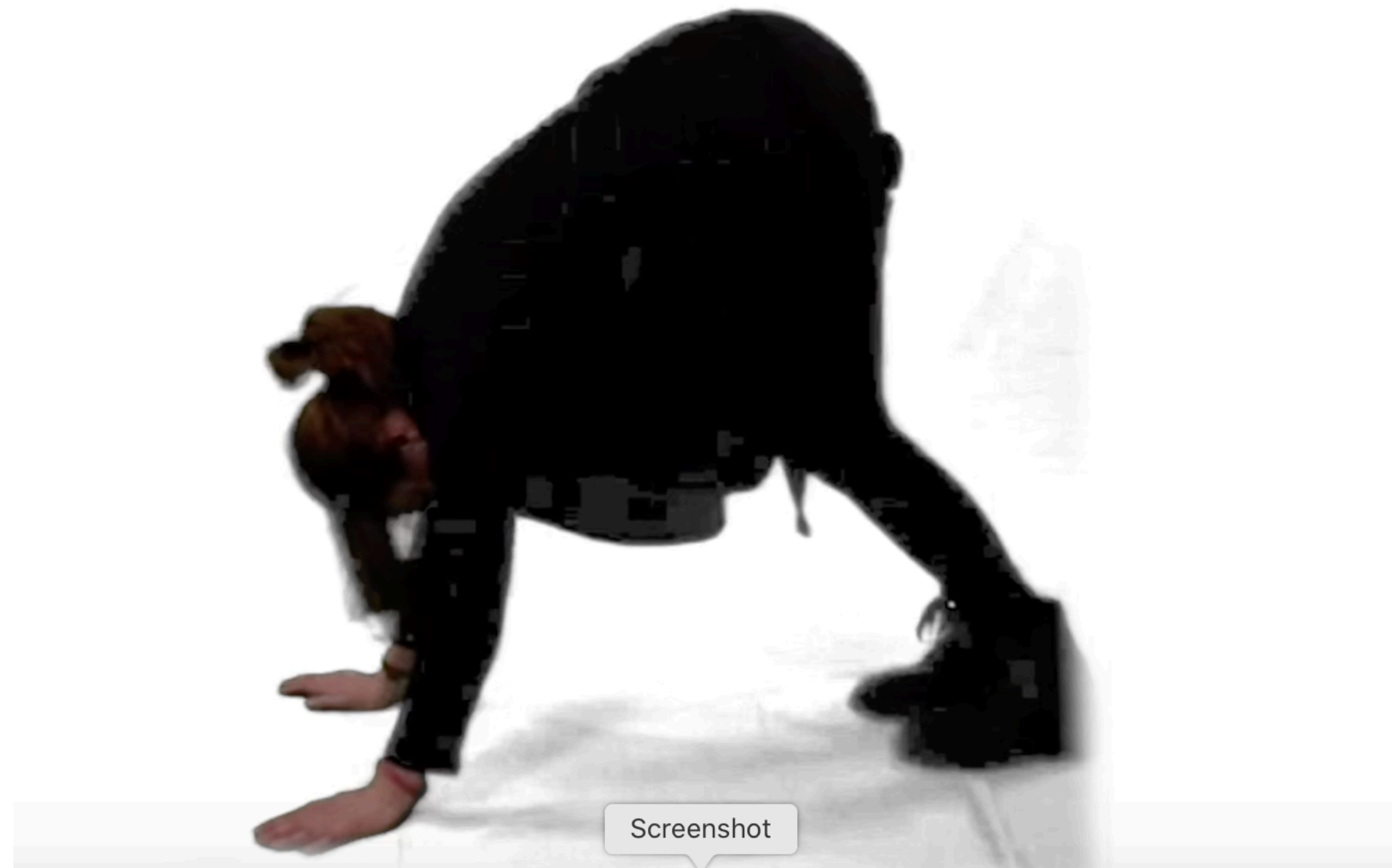
# Change management for women

Introduction to the key principles

# 1: Flex



## 2: Bend



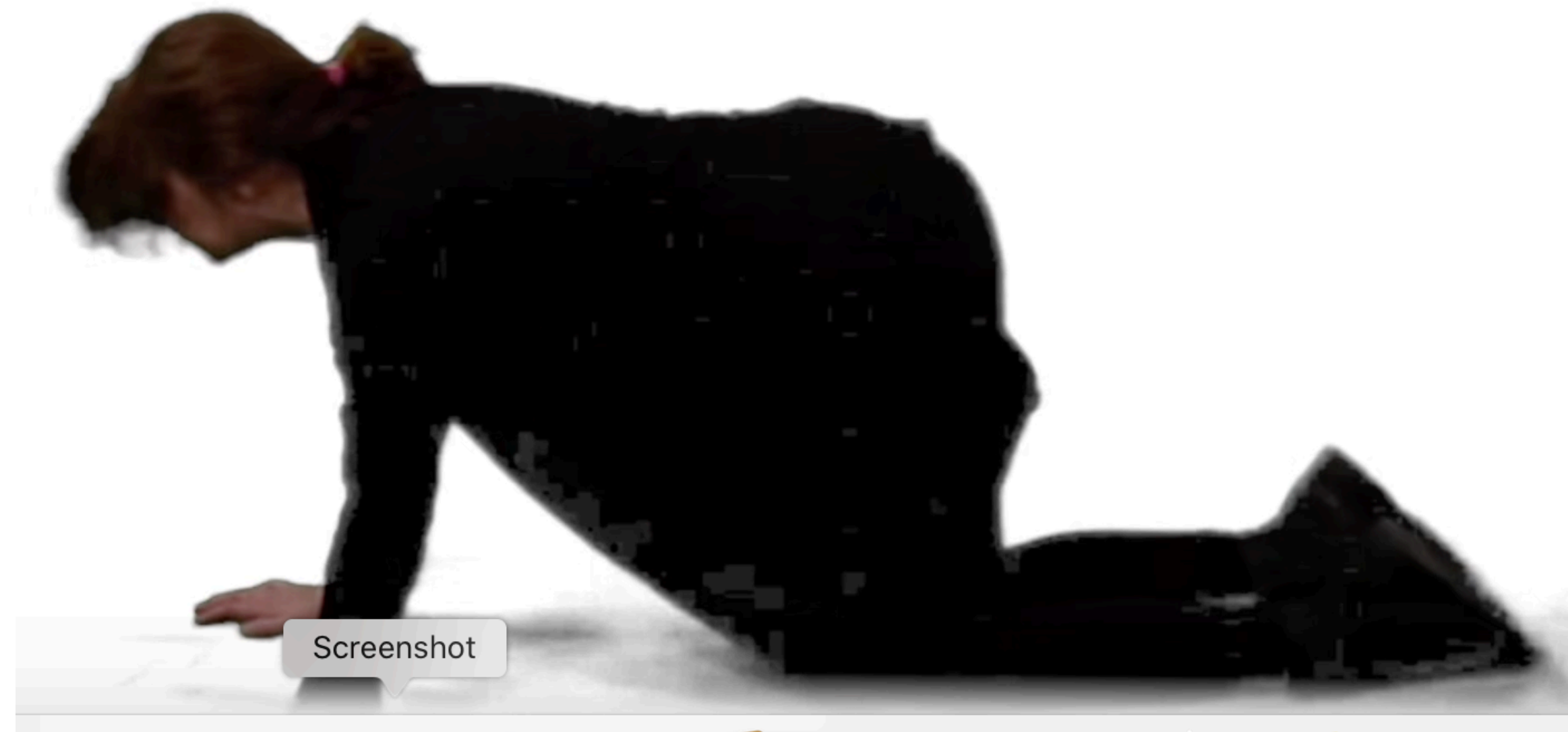
# 3: Push



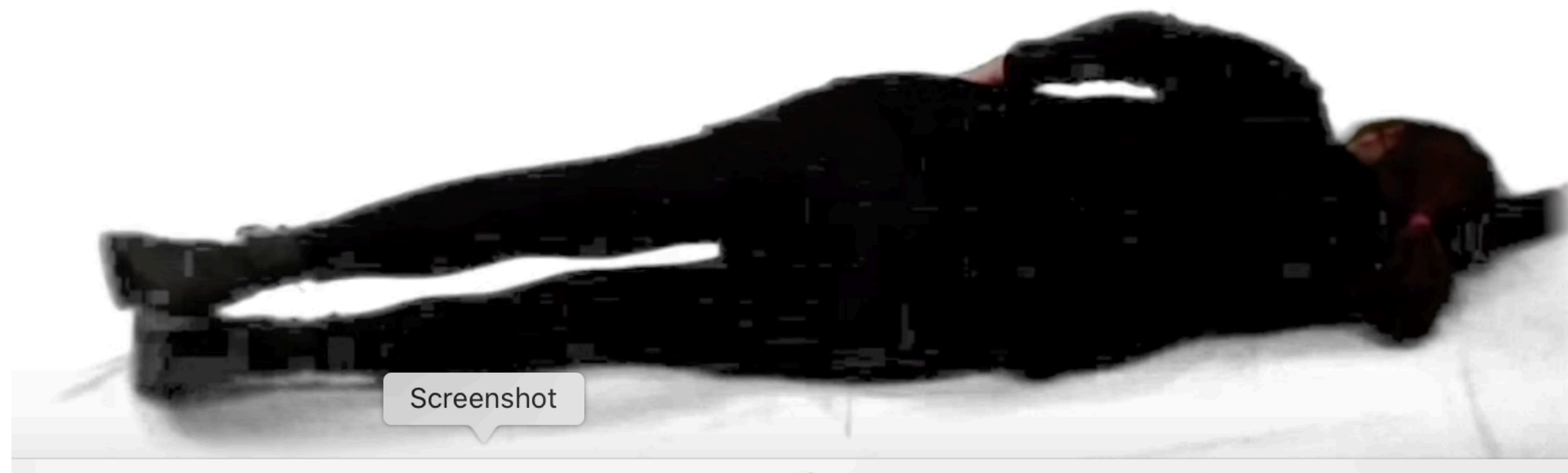
It may feel slightly  
uncomfortable.

(No worries, carry on)

# 4: Pull



# 5: Stretch



# 5: Push



Does it hurt?

(It's ok. Carry on)

# 7: Curl

# 8: Stretch

# 9: Push

Now do it again.