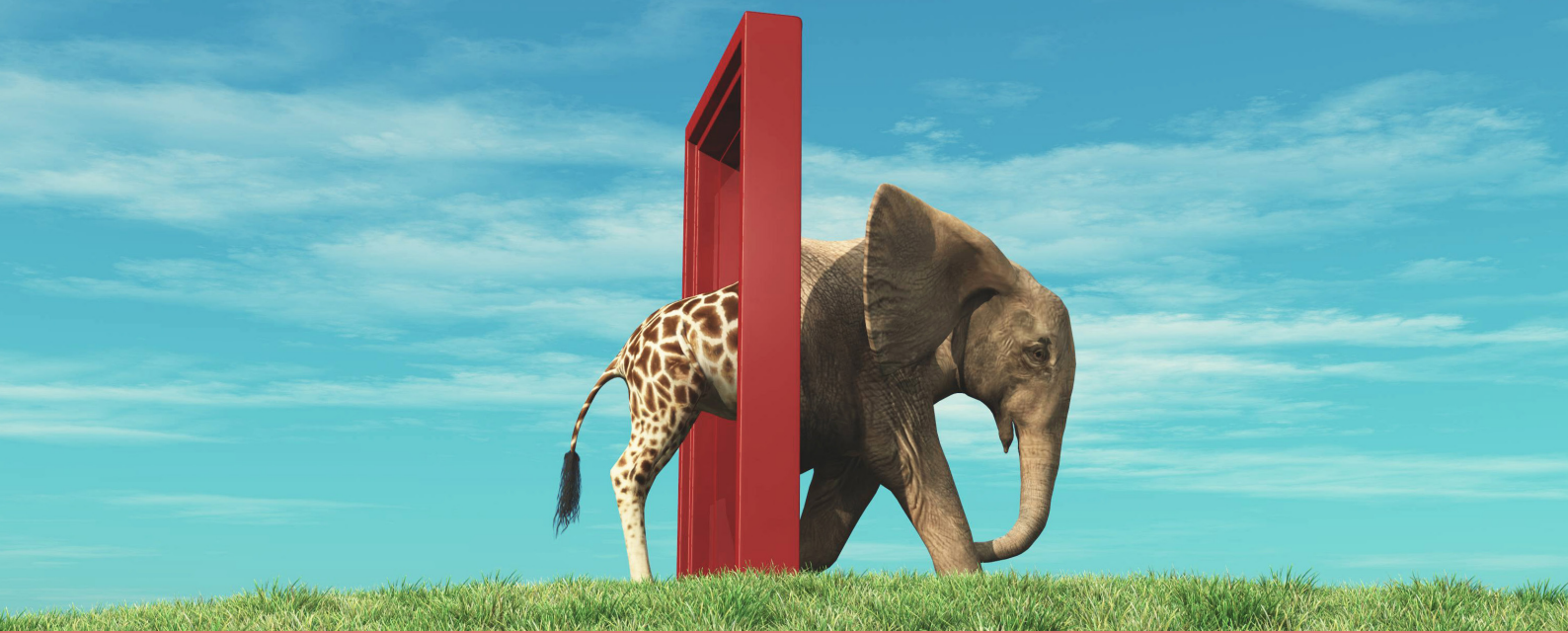


Thriving in times of change



Visit the Sovereign Resource Hub and learn about...

- ✓ Why we sometimes find change difficult to handle
- ✓ How to navigate and manage change more effectively
- ✓ Tools and techniques to feel more in control and avoid unnecessary stress
- ✓ Activities to help change the way you view change
- ✓ The support available if you need it

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