





### To Learn More...

**The Change Quest™ Model**  
the science-based approach for leading change  
Britt Andreatta

Learning Solution

**WIRED TO RESIST**  
The Brain Science of Why Change Fails and a New Model for Changing Systems  
Britt Andreatta, PhD  
READ BY THE AUTHOR

Book  
(print, ebook, audio)

BrittAndreatta.com

- ### 7 Brain-Based Strategies
1. Dial up self care.
  2. Coordinate change journeys.
  3. Overcommunicate.
  4. Measure/address net effect of changes.
  5. Map the route.
  6. Recognize effort and progress.
  7. Leverage the power of learning.
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