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Disrupt Yourself Live
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April 2nd 2018: Thriving Through Change With
the Disrupt Yourself Framework

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Change is necessary. Even desirable. But sometimes it happens so fast it feels like it's happening to you, not for you. Which can make it feel scary, and even lonely. Through twenty-five years of researching, investing, consulting and coaching, Whitney Johnson has created a seven-point framework for managing through change so that whether you are building a team, starting a business or navigating your career you will have a structure to do this. In this first episode of Disrupt Yourself Live she provides an overview of the framework, and then bring these ideas to life as she interviews

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[Carine Clark](#)

Carine Clark is a three-time president and CEO of high-growth tech companies, specializing in helping companies scale from \$10 million to \$100 million or more.

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[Coss Marte](#)

In 2009, Coss Marte was sent to jail as the ringleader of a multi-million dollar cocaine operation. He was also grossly overweight and warned by his physician that his current lifestyle, if left unchecked, would likely kill him.

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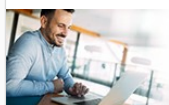
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