



Total Career Success

Archives Available

September 28th 2009: Dr. Robert Pennington on Managing the Stress of Change in Turbulent Times

Dr. Robert Pennington, executive coach and educational psychologist, usually calls the shots, but on one occasion took a 38 caliber shot to his chest by an unknown assailant! Dr. Pennington walks the talk of someone who knows professionally and personally how to deal well with life's challenges. Learn to: Recognize stress quicker and move through it faster; Understand three definitions relating stress and change; Discover the Positive Opposite Possibility of Worry; Avoid up to 90% of stressful disagreements. One of the top hurdles to overcoming change is resistance. Rob shares techniques t

[Read more](#)



Tune in

Archives Available on VoiceAmerica Variety Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Featured Guest



Robert Pennington

Dr. Robert Pennington, executive coach and educational psychologist, usually calls the shots, but on one occasion took a 38 caliber shot to his chest by an unknown assailant! Dr. Pennington walks the talk of someone who knows professionally and personally how to deal well with life's challenges. Learn to: Recognize stress quicker and move through it faster; Understand three definitions relating stress and change; Discover the Positive Opposite Possibility of Worry; Avoid up to 90% of stressful disagreements. One of the top hurdles to overcoming change is resistance. Rob shares techniques to help you adapt to and embrace change. The show informs and encourages listeners to achieve their

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps

