



### Total Career Success

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**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

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### Featured Guest



#### Robert Pennington

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