



# TOOLKIT AND TAKEAWAY

## CHANGE QUOTES

**CHANGE  
IS A PROCESS,  
NOT AN EVENT.**

*Barbara Johnson*

**CHANGE IS HARD,  
MEMORIES ARE LONG,  
AND PEOPLE RESIST.**

*Anon*

**CHANGE REQUIRES  
PEOPLE TO LEARN NEW  
THINGS – NEW IDEAS,  
NEW ATTITUDES, AND  
NEW BEHAVIOURS.**

*Albert Einstein*

**AS SOON AS ANYONE  
STARTS TELLING YOU TO  
BE "REALISTIC", CROSS  
THAT PERSON OFF YOUR  
INVITATION LIST.**

*John Eliot*

**IF YOU CHANGE  
NOTHING  
NOTHING WILL  
CHANGE.**

*Tony Robbins*

**WE CANNOT  
DIRECT THE WIND,  
BUT WE CAN  
ADJUST THE SAILS.**

*Dolly Parton*