

Faythe Buchanan of Painless Change Management to be Featured on CUTV News Radio

HALIFAX, NOVA SCOTIA, CANADA, May 13, 2015 /EINPresswire.com/ -- Have you ever created a strategic plan and not followed through? Set a goal you didn't meet? Broken a New Year's Resolution?

Most change efforts fail - whether in the corporate world or in our personal lives. For many people change, or the prospect of change, is daunting.

It doesn't have to be like that, says Faythe Buchanan, founder of Painless Change Management. According to Faythe, there are good reasons why we find change difficult - and specific strategies that can make change easy.

"People come wanting to make change but they don't believe it's going to happen," says Faythe. "It's really fun to watch my clients change, and change

easily, especially when they never thought it was possible."

For more than 20 years, Faythe has helped individuals and companies achieve the change they desire. She teaches strategies for making change easy, through coaching, training, keynotes and writing.

"What people come away with is an immense sense of hope that things can be different and they can do it." says Faythe.

Change is impossible if you don't understand how your brain works, says Faythe. Motivating values come from three different areas of the brain. If these don't line up, then our conscious goals are different from what we want to feel and our experience may send us in another direction. How can we change if we are going in three directions at once? Faythe helps clients shift their perspective and identify the unconscious patterns that interfere with change.

"People keep coming through the door because what I do works. I've seen people make magnificent changes."



Faythe will be featured on CUTV News Radio in an interview with Jim Masters on May 15th at 1pm EST.

Listen to the show by visiting <http://www.blogtalkradio.com/closeuptalkradio/2015/05/15/cutv-news-radio-spotlights-faythe-buchanan-of-painless-change-management>

If you have a question for Faythe, call 347-996-3389.

For more information about Faythe's Painless Change Management, visit <http://www.whatsholdinguback.com>



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