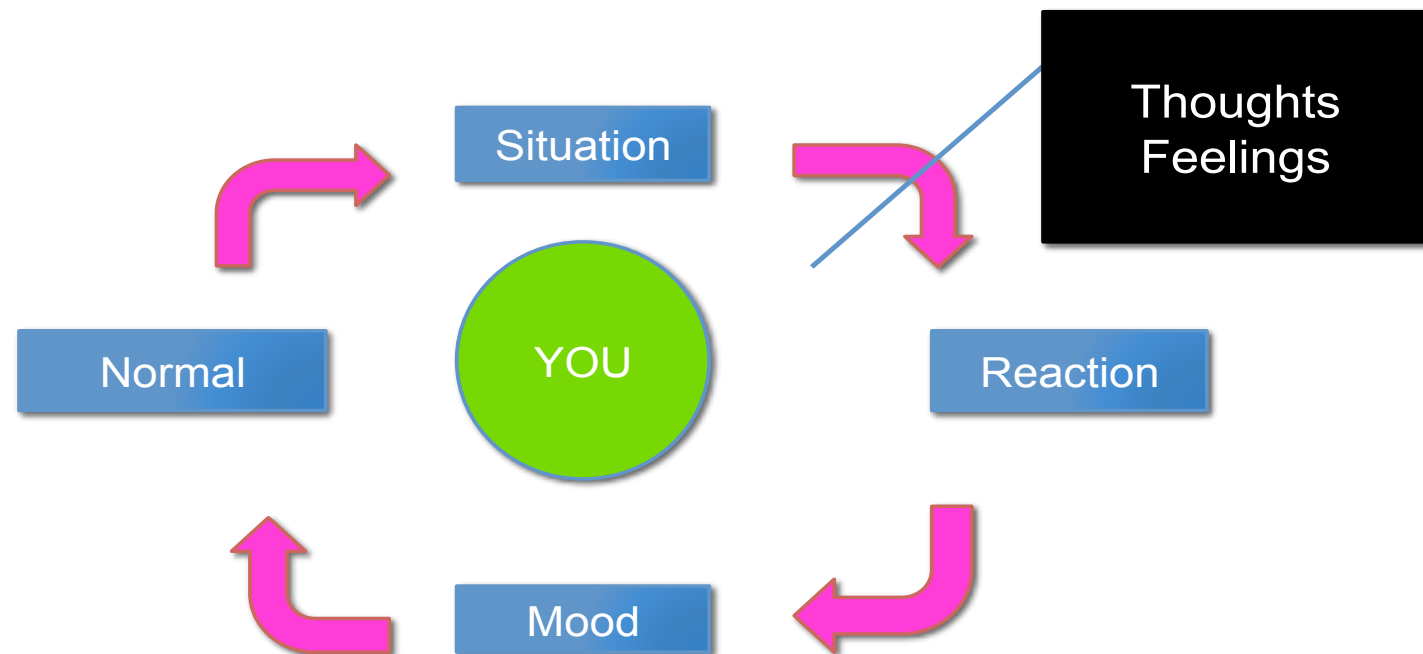


# The Jepeca Cycle

- If you always do what you have always done
- You will always get what you have always got...



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- Individual use of the **Jepeca cycle** is welcome. Permission for publication and use by organisations/schools necessary.
- You cannot change anyone else, you can only change yourself, but when you do everything around you changes.
- Everybody is doing the best they can with what they have at this moment in time – sometimes it is just not good enough!
- Nobody has any control over the situations.
- Even a small change in your reaction will provide a different result – Try it...
- Positive and negative cycles exist in every part of life. Some work out and some do not.
- Negative cycles can be identified with the Jepeca cycle, discussed and various options explored.
- We also provide training on how you can use the Jepeca cycle to maximise effectiveness.
- Call the office for details **01923-750789**