

# CHANGE

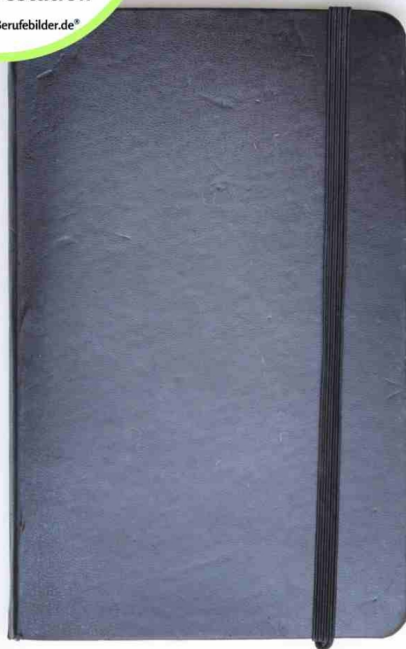
# BAD

# HABITS

**Best  
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Simone Janson (ed.)



Fight fears & anxiety with psychology, understand your patterns sabotage & inner child, learn to use mindfulness emotional intelligence & anti-stress resilience

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**Best of HR - Berufebilder.de®**

# Change Bad Habits

Fight fears & anxiety with psychology, understand your patterns sabotage & inner child, learn to use mindfulness emotional intelligence & anti-stress resilience

*Simone Janson (ed.)*

Published at Best of HR – Berufebilder.de®

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# **Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book**

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

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You will receive valuable resources through this [unique publishing concept](#) that will enhance your knowledge, stimulate your creativity, and make your personal and professional goals achievable. This allows you to discover new ways, expand your thinking, and improve your skills to experience success. You will receive concrete advice, proven methods, and strategies to overcome challenges and overcome obstacles. By providing specific action steps and practical guidance, you will learn how to define your goals and develop plans to progress step by step. The clear structure and our special, highly detailed table of contents support you in quickly finding the desired information and implementing it directly into practice.

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# **How conservationists in Kenya change the habits of a people's group: change management in the bush**

*// By Simone Janson*

In Kenya I came across an interesting experiment that I already touched on in my most recent WELT column: conservationists who change the habits and traditions of an entire ethnic group. How can something like that work?

## **Conflicts in the Maasai country**

My last WELT column was about conflicts and their settlement. As an example, I also named the Maasai in Kenya, where the council of elders has the power to decide how to resolve conflicts.

The Massailand Preservation Trust (MPT), which combined the 2012 with the Big Life Foundation, made the most of this institution. This foundation was founded 1992 by Richard Bonham with the aim of resolving the conflict between Masai and the ecosystem.

## **Massai vs. lions**

On the one hand, the number of lions in Africa has dropped drastically in the last 20 years - from 200.000 to 30.000. On the other hand, indigenous ethnic groups such as the Maasai are the most threatening species of protected cats.

For the Masai are traditionally shepherds and the cattle their livelihood. So if a lion tears one of their cattle, he will be hunted mercilessly. Therefore the MTP pays the Masai now a compensation for each killed cattle.

## **Centuries-old traditions**

But the MTP had yet another problem to solve: the initiation of the young man from Masai to the man foresees that this kills a lion. As a substitute for this tradition, the MTP created the Masai Olympics, where the young men now compete in the sporting competition.

The MTP succeeded in changing this centuries-old tradition by convincing the Council of Elders. "We made it clear to them that soon there would be no more lions for the initiation rite, that convinced them," explains MTP employee Sam, who is himself a Masai, about the cultural change.

## **Change management with rational arguments**