

CYCLE OF CHANGE

- Stage 1 - Loss - Fear, Caution
- Stage 2 - Doubt – Sceptical, Resentment
- Stage 3 – Discomfort – Anxiety, Confused, Unproductive
 - **DANGER ZONE**
- Stage 4 – Discovery – Anticipation, Energised, Resourceful
- Stage 5 – Understanding – Productive, Confident
- Stage 6 Integration – Generous, Focus, Satisfaction