

The Cycle of Renewal

Managing Change in Times of Transition

Phase I

Go For It - A Period of Stability

- purposive
- focused & directed
- accomplishing

Essential Life Skills

- Identify the Dream
- Create the Plan
- Sustain the Plateau

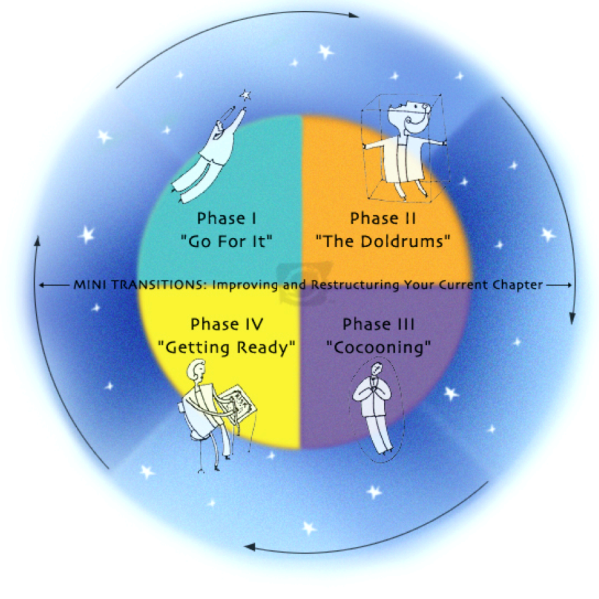
Phase IV

Getting Ready - A Time For Experimenting

- testing
- experimenting
- taking risks
- piloting new products

Essential Life Skills

- Explore
- Experiment
- New Learning



Hold On
Let Go
Take On
Move On

Phase II

Doldrums - A Period of Detachment & Restlessness

- disenchanting
- trapped
- angry

Essential Life Skills

- Develop an exit strategy and choose a route ahead
- Mini-transition or Cocooning

Phase III

Cocooning - Coming To Terms With Yourself

- quiet
- introspective
- exploring
- reconstructing

Essential Life Skills

- Develop and Nurture Myself
- Spend Time Alone