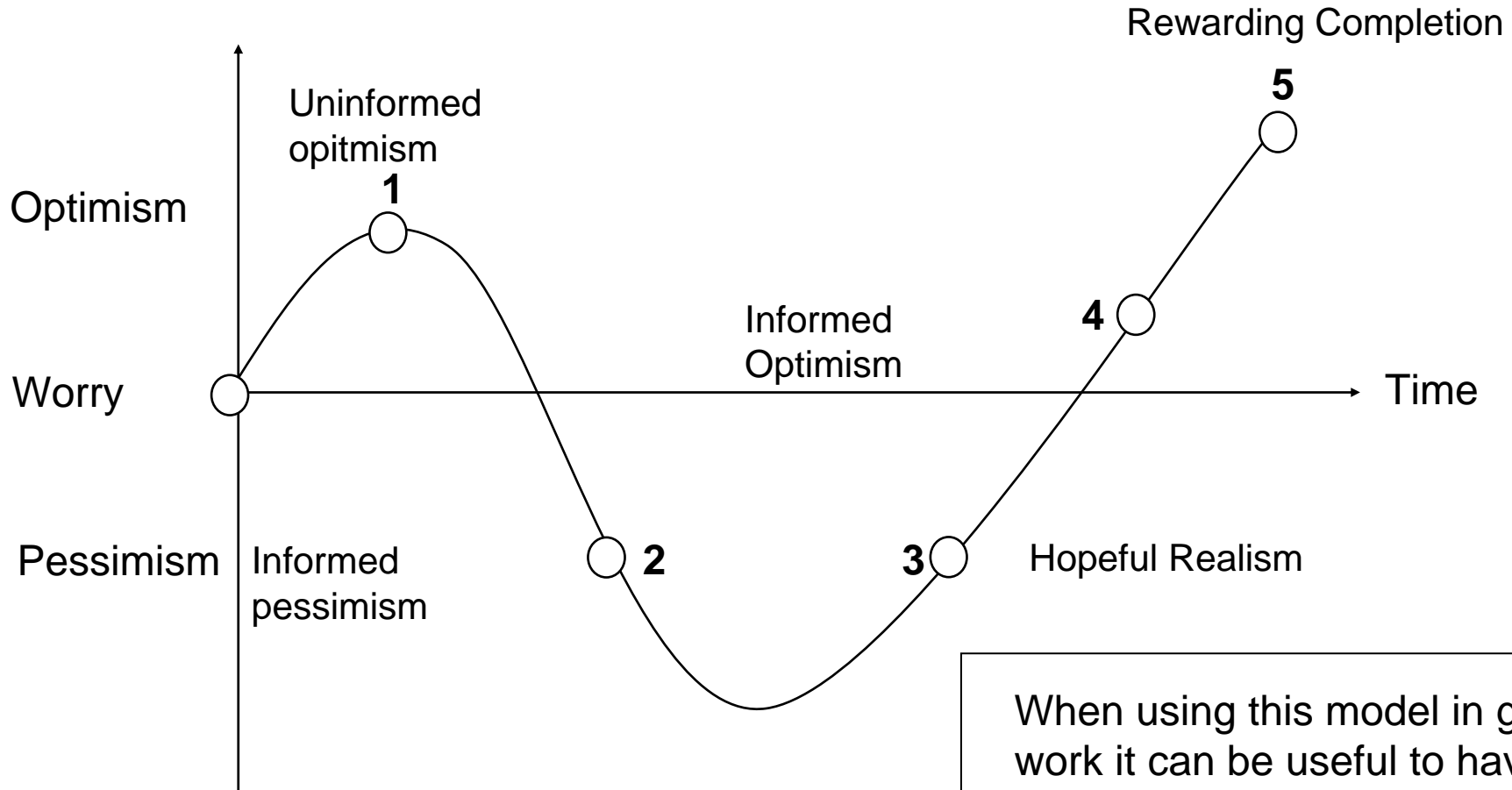


Emotional Cycle of Change



- Where you are now
- Where you'd like to be in 2 months

When using this model in group work it can be useful to have delegates or team mark where they are and where they would like to be in a certain period