

The 4 Stages of Transition

Workshop 3

Review the 4 Stages of Transformational Learning:

1. Disorientation with your situation – See that something isn't quite as it should be.

2. Psychological Flip. (changes in your own understanding of yourself)

- o making time and space through changing your routine enables the AH-HA! Moments to come through.
- o (For example -Realizing a new way of thinking you hadn't thought of before, such as writing daily in a journal to weed through our own thought process of why we are feeling what we are feeling.)

3. Conviction/Action (revision and recreation of your belief systems)

- o Connect with the new perspective, approach, or way of thinking.
-> Make it a habit, and an integral part of your way of life.
Running, meditating, eating differently, changing your job and your standards.
- o It becomes your convictions when you agree that writing, yoga, meditation, exercise, music – is a tool you can use to tap into what you are feeling and what you are going through.

4. Behavioral (changes in lifestyle)

- o After building them into your day to day, set up accountability tasks to reflect and review how far you've come and the differences you feel.