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Transition — The Personal Path Through Change Learning Guide

Based on the groundbreaking work of William Bridges, Transition — The Personal Path Through Change is an interactive learning guide that provides people with a self-directed process for dealing with change. Designed around Bridges' 3-phase transition model of endings, the neutral zone, and new beginnings, this interactive workbook provides a road map to guide people from resistance to acceptance to action.

Bridges' Transition Model

Phase 1: Endings Every transition begins with an ending, a loss. When things change, people leave behind the way things were, and the way they were in the previous situation. They may be left searching for a new way to define themselves.

Phase 2: The Neutral Zone A confusing in-between state, when people are no longer who and where they were, but are not yet who and where they are going to be. While the Neutral Zone can be distressing, it also provides many opportunities for creative transformation.

Phase 3: New Beginnings A new beginning can only happen after people have let go of the past and spent some time in the Neutral Zone. In this phase, people accept the reality of the change and start to identify with their new situation

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