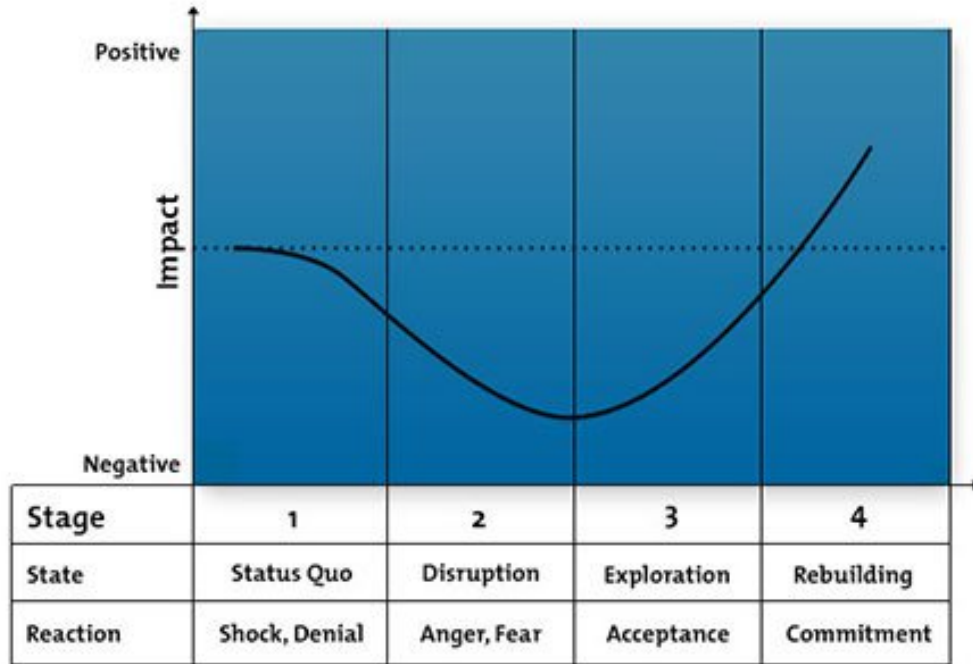


## The Change Curve

The model illustrates how we move through change to acceptance. We all move through the curve at different rates of speed. It is not necessarily a linear progression – progression is unique to each individual. We can move forward and then regress to a prior stage. .



## Transition Model (William Bridges)

Another way to understand how we transition through change.

