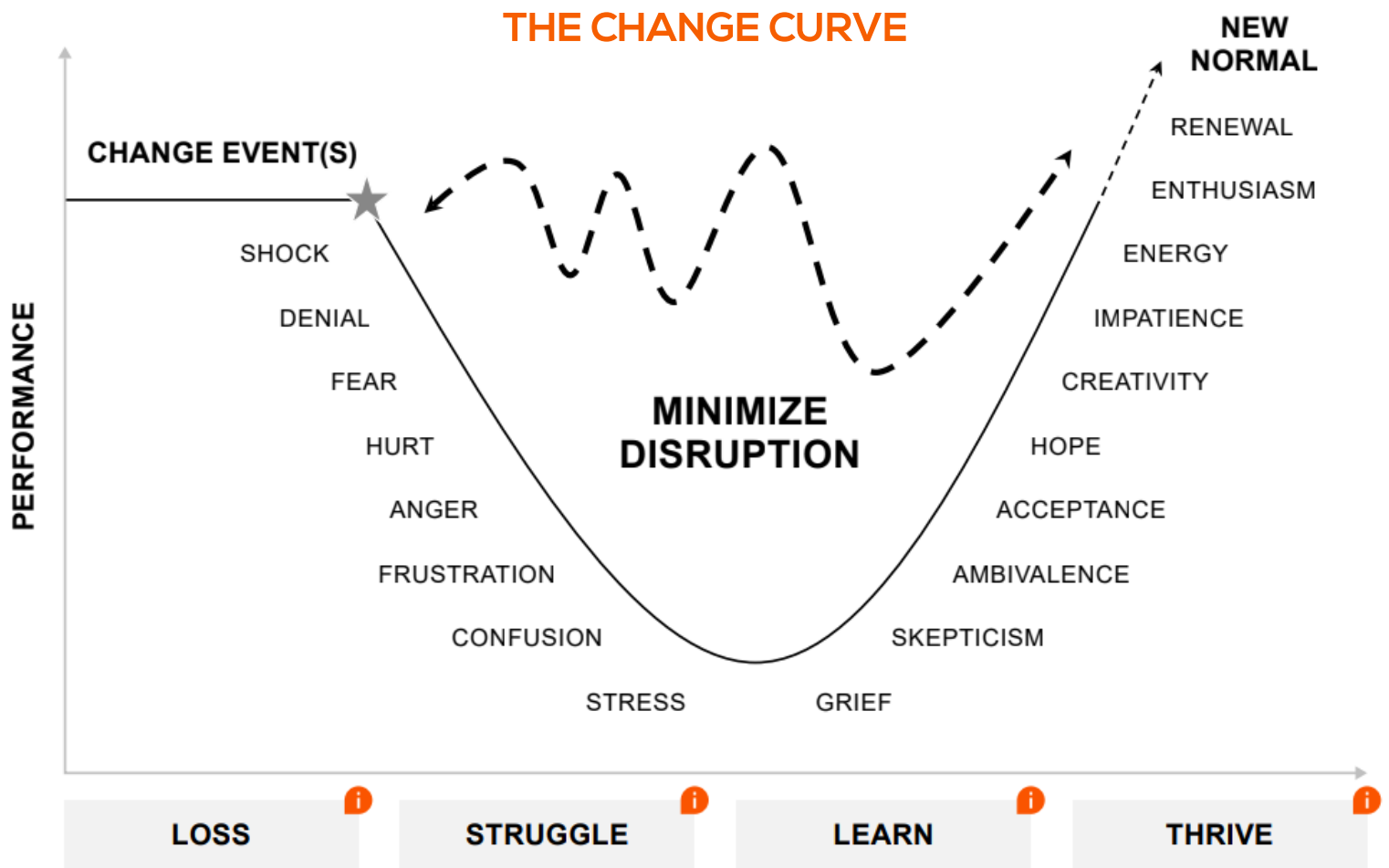


CHANGE AGILITY & GROWTH MINDSET

The Change Curve

The change curve is commonly used in change theory; it represents the emotions we naturally experience during change. We generally start on the left side with emotions such as shock, denial, or confusion. As we work through these emotions we move through the curve to a new normal.



LOSS: Shock, denial, fear, hurt, anger, frustration.

STRUGGLE: Confusion, stress, grief, skepticism, ambivalence.

LEARN: Acceptance, hope, creativity, impatience.

THRIVE: Energy, enthusiasm, renewal, new normal.