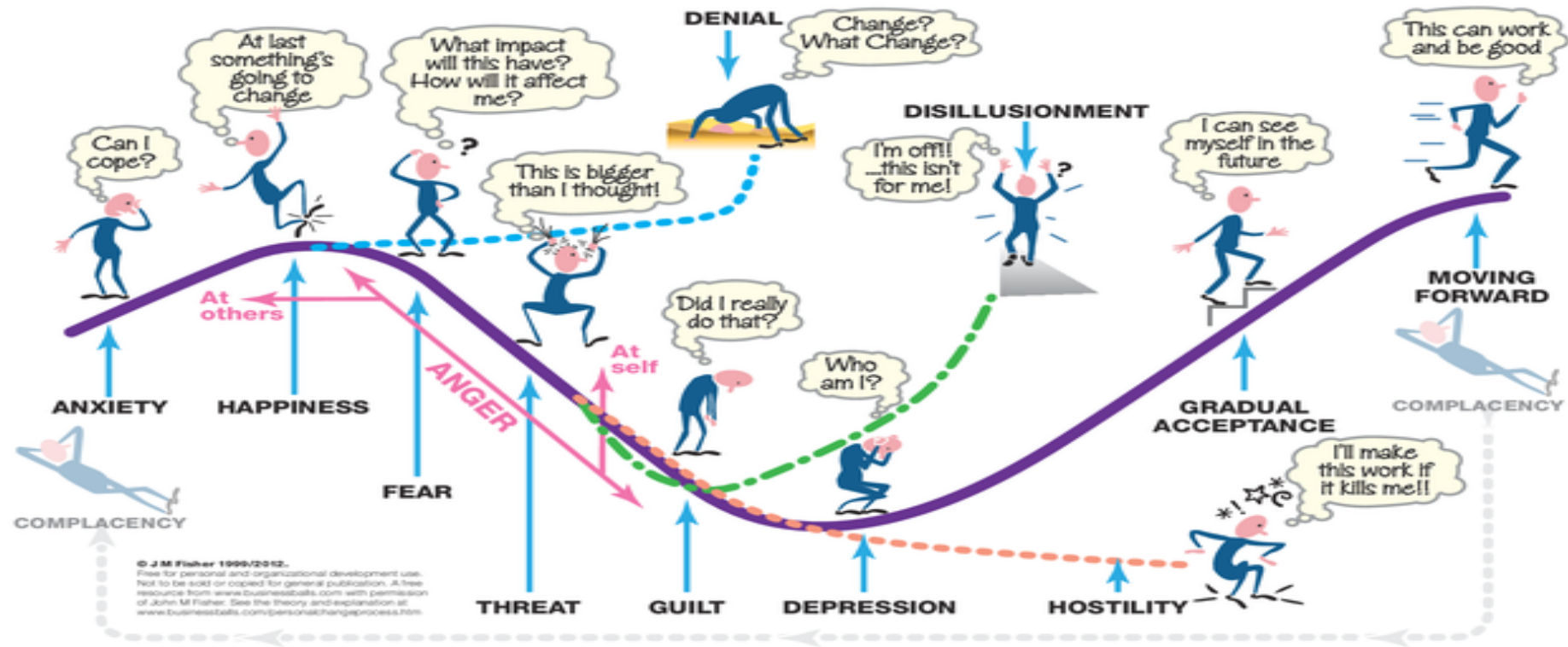


# The Process of Transition - John Fisher, 2012

(Fisher's Personal Transition Curve)



Everything is temporary and change is a constant in our lives. When changes are taking place, John Fisher asks us to consider where we might find ourselves on this Transition Curve: Where do you feel you are today? Where were you yesterday? Or last week? When you are feeling less resourceful, have you noticed what supports you to move towards feeling better? How can you focus on this now?

Fisher focused on organisations going through changes. Whether they were small or bigger, he knew that they always had an impact on how individuals were feeling. We can experience grief in any change, but now with the current crisis, the changes can bring about a range of emotions, in our relationships at work or at home.

In asking ourselves the questions below and answering them, we can gain some insight into our own experiences and resourcefulness when facing changes which are beyond our control. This is a great exercise for us as individuals and also as a team.

What are your past experiences of change?

How do you cope with change?

What do you lose from change?

What do you gain from change?