

Four Levels of Responding to Change

*Manifest
ation*

1. Reacting: quick fixes

*Process,
structure*

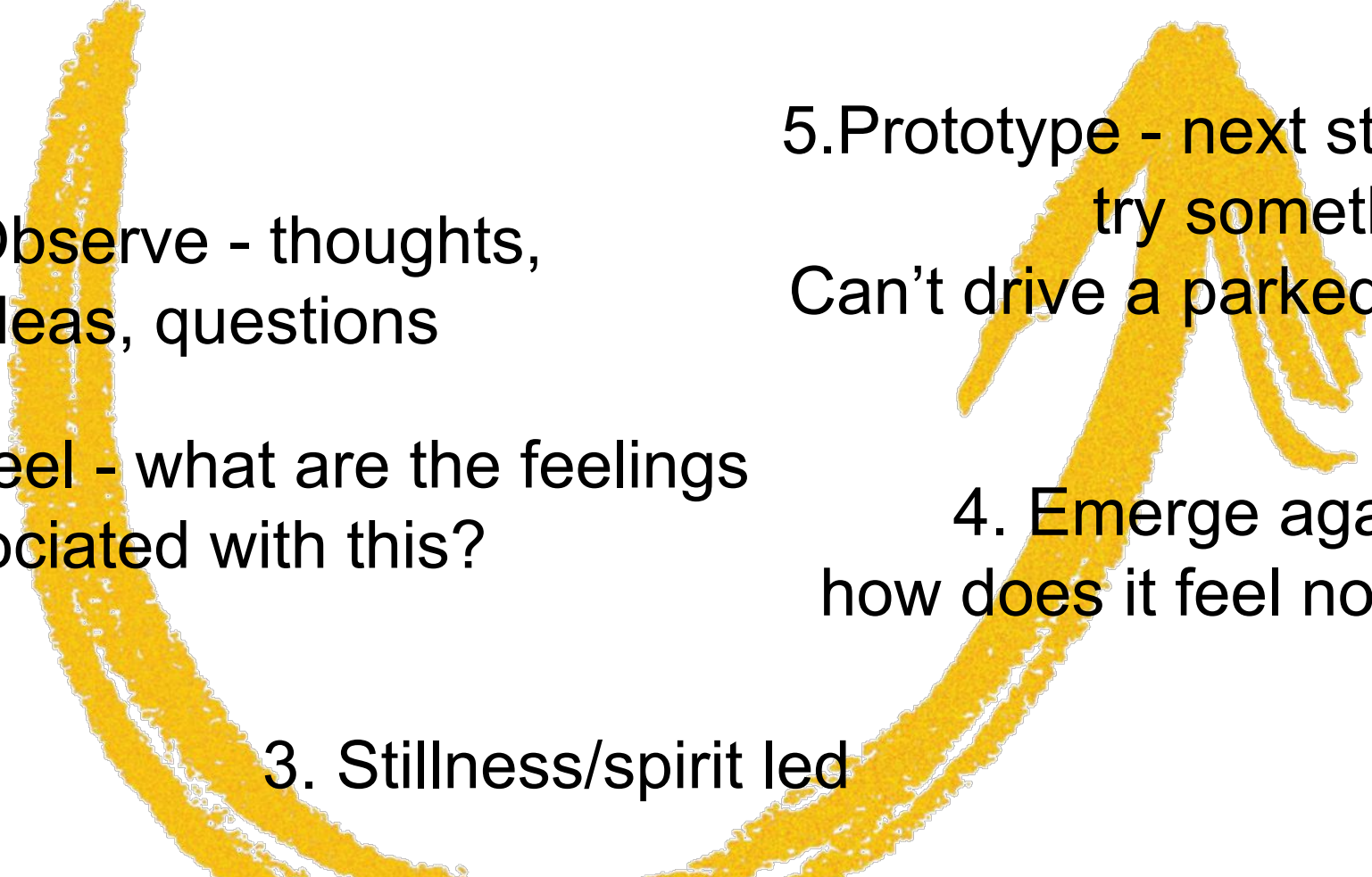
2. Redesigning: policies

Thinking

3. Reframing: values, beliefs

*Source
of energy,
inspiration
and will*

4. Regenerating: sources of
commitment and energy



1. Observe - thoughts,
ideas, questions

2. Feel - what are the feelings
associated with this?

3. Stillness/spirit led

5. Prototype - next step, -
try something.
Can't drive a parked car.

4. Emerge again,
how does it feel now?