

Developing Transitional Agility

What is covered in Developing Transitional Agility?

- Understand the stages of transition and transformation
- Recognise some of the problem stories associated with transitions
- Learn about the common effects of transitional phases and 'stuckness'
- Identify the exceptions to problem stories
- Explore new narratives that support transition

Who is it for?

Recognising periods of stuckness and how to pivot towards new possible futures for our life is a key capability for contemporary times. This module introduces techniques that can liberate us from some of the thinking and behaviour that may prevent us from moving forward with our lives.

What does it offer?

Understanding more about the nature of transitions can prepare us for current or future transitions we are about to experience. Learning to elegantly move through the multiple transitions we face throughout our life will become the critical skill of this century. As we live longer so too will we experience more transitions. It's time to master the art of transition. Join us for this 90-minute program to build your transitional intelligence.

How do we sign up?

Contact us at madebetterhuman.com.au

MADE BETTER HUMAN
human • kind



**THE
INSPIRE
SERIES**