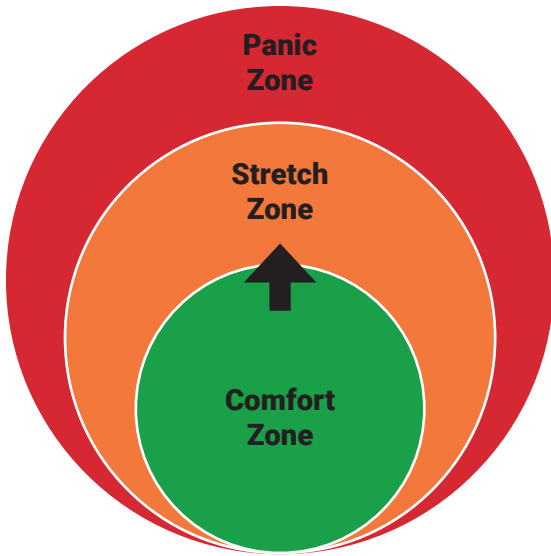


Comfort, Stretch or Panic?



Comfort Zone

I can definitely do this/affect this quite easily
This is within my remit/area of influence

Stretch Zone

I may be able to influence this with effort
and careful planning
Will be a stretch or a challenge

Panic Zone

I have no influence over this
This is outside my zone of influence

Think about you, everyday in your role. Now using the Comfort, Stretch and Panic (CSP) model, consider these questions - capture your thoughts.

I am in Comfort when

I am in Stretch when

I am in Panic when

Talk to us today about your training needs

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