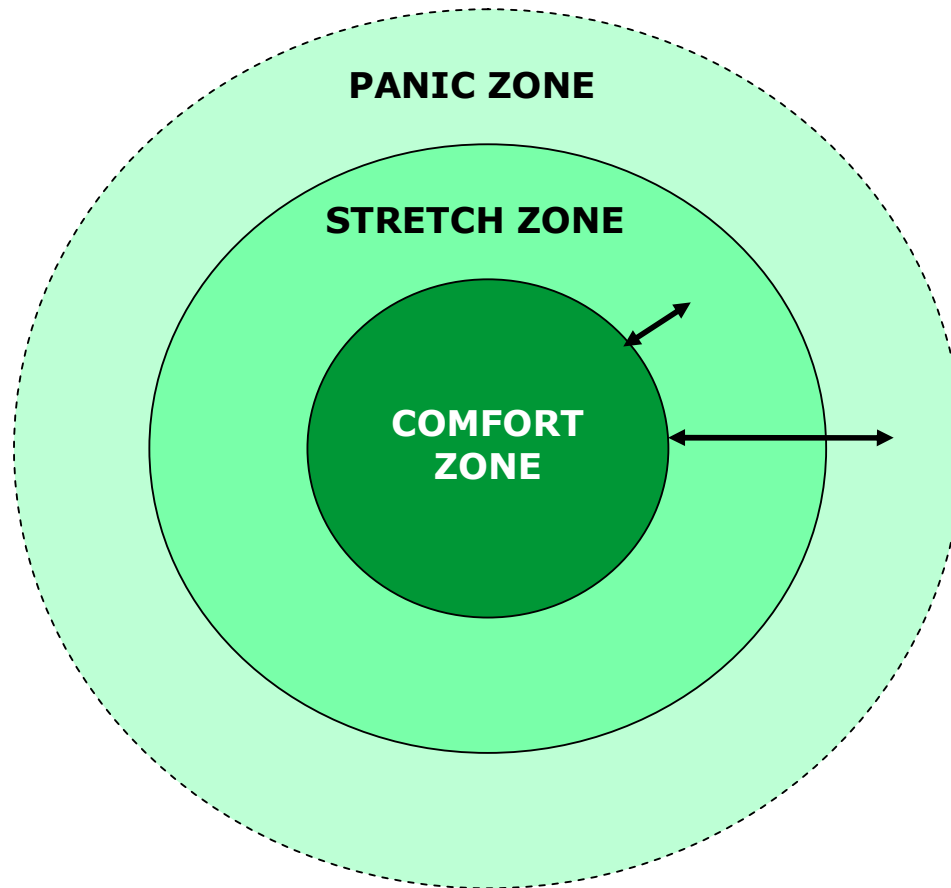





Comfort, Stretch and Panic Zones



 Area of work/responsibility you are familiar/comfortable with on a daily basis – minor personal growth

 Area of work/responsibility you are unfamiliar with. Transition into this area will expand your capabilities and increase confidence – stretching you and increasing your comfort zone

 Area of work/responsibility you are afraid of. Direct transition into this area will be stressful and could result in a retreat into the comfort zone where you feel safe