

















### Action

These are theoretical models, and as such, they must always be put into context. Use the model and the description to start to identify where you are. It's really good to know where your starting point is. More importantly, you need to identify how you come out on the other side. For this to happen, you need to start putting actions in place.

For example, whilst picking up this book, you may see that you're still at the shock stage. How can you put some reality around this? What is happening in the workplace and in your industry that could've caused your work to no longer be there? Could this be seen as an opportunity? Try and stay out of the blame-game and focus on you and yourself and on what you need to do.

“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.”

*James 1:19*

