

COMFORT

ZONES

This picture represents different levels of 'comfort'.

The smallest shape is where we feel safe and comfortable. The medium shape is our stretch zone, this is where we are challenged and learn new things about ourselves. The largest shape is our panic zone where we are afraid and overwhelmed.

Think about when you have felt challenged.

Did you manage it?

How did you feel before and after it?

Feel free to scribble these feelings down in the opposite diagram.

Sometimes the most challenging things are the things that we feel the most pride in completing.

During your course, your instructor will talk more about comfort zones. They're used to encourage you to reflect upon your own level of personal challenge and how you can overcome that challenge with the support of your team.

