

Unfortunately, we don't know the original source of this wonderful diagram, other than it was shared in a US Mindfulness Forum.

Moving through our fears and enabling our people to experience the Co-vid 19 crisis as an opportunity for growth is a key role for HR & OD professionals.

You can choose to use this work in different ways, depending on your local needs. But we recommend that this model is particularly appropriate for wellbeing/resilience work.

It's appropriate for use with with either:

Individuals
Teams
(including HR & OD Teams).

Let us know how you are using it at admin@ppma.org.uk

