

“Who do I want to be during COVID-19”

This model provides a way to view how effectively we are responding to the current moment – regardless of the event or label ascribed. Noticing at times, we may be stuck in the fear zone when we are super stressed, or just going through the motions. We may find the growth zone when we take the time to enjoy life and enjoy the moment. We may want to be in the growth zone, yet we are in the learning zone and part of the process to get to the growth that is needed and to not be ignored. We may notice that we can experience a combination of the three at once. The important thing, is to take notice of where you are as that helps us understand where we need to be and how to move forward. Michelle Reugebrink- WEPO Resiliency & Personal Effectiveness program manager

