

A Personal Growth & Change Model

Known Self

Usual, Familiar and Comfortable
What I do well or what is easy for me



Less Known, Growing Self

New & Emerging
Less Comfortable

In life, in our teams and in our relationships we are always moving between our comfort zones and new areas of growth and learning.

Edges

Between our Comfort Zone and new area of growth lies the Edge:

- Internal barriers to do, say, experience, express.
- Protect and preserve our familiar, known ways of being, relating and doing.
- Our Points of Growth.
- Signals we are at an Edge: feeling nervous, hesitating to speak, physical reactions.
- At the Edge our defense mechanisms may come up.

Value of Knowing your Edges

Edges are points of growth. We all have them:

- Being able to recognize your edges helps to normalize your experience.
- When we know we are at an edge we can consciously decide whether to cross or not.
- Not all edges are there to cross: the idea is to have more freedom (emotional intelligence).
- Knowing your edges allows you to take charge of your own growth (an edge is a point of growth).
- When you know you are at an edge you can design more conscious strategy for crossing it (creative space).
- Relationships can get damaged by crossing edges unconsciously, for example through strong emotions.
- Awareness is the key so you can connect to your **Conscious Intent**.