



How do you realize when a group is in...

**Contentment**

**Inspiration / Renewal**

**Self-censorship / Denial**

**Confusion / Chaos**



## Me and my Four Rooms of Change - what can I do?

### Contentment

myself

my team

family / significant others

### Inspiration / Renewal

myself

my team

family / significant others

### Self-censorship / Denial

myself

my team

family / significant others

### Confusion / Conflict

myself

my team

family / significant others



How do I realize when I am a in...

**Contentment**

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