



Progression Plan: Change Programme

<i>Change Cycle Stage</i>		<i>Messages to Deliver</i>	<i>Interventions by which to deliver the messages</i>
Unfreezing	Move out of Denial		
	Consolidate in Recognition		
	Move towards Resistance		
Changing	Handle Resistance		
	Move towards Exploration		
	Consolidate Exploration		
	Move towards Acceptance		
Re-freezing	Consolidate Acceptance		
	Move towards Commitment		
	Consolidate Commitment		

