Kubler-Ross Model

Morale & Competance

Time

Shock
Surprise at the event.

Denial
Disbelief;
Looking for evidence that isn't true

Create alignment!

Frustration
Recognition that things are different; sometimes angry

Maximize communication!

Depressions
Low mood; lacking energy

Spark motivation!

Experiment
Initial engagement with new situation

Develop capability!

Decision
Learning how to work in the new situation; feeling more positive

Share knowledge!

Integration
Changes integrated; a renewed individual