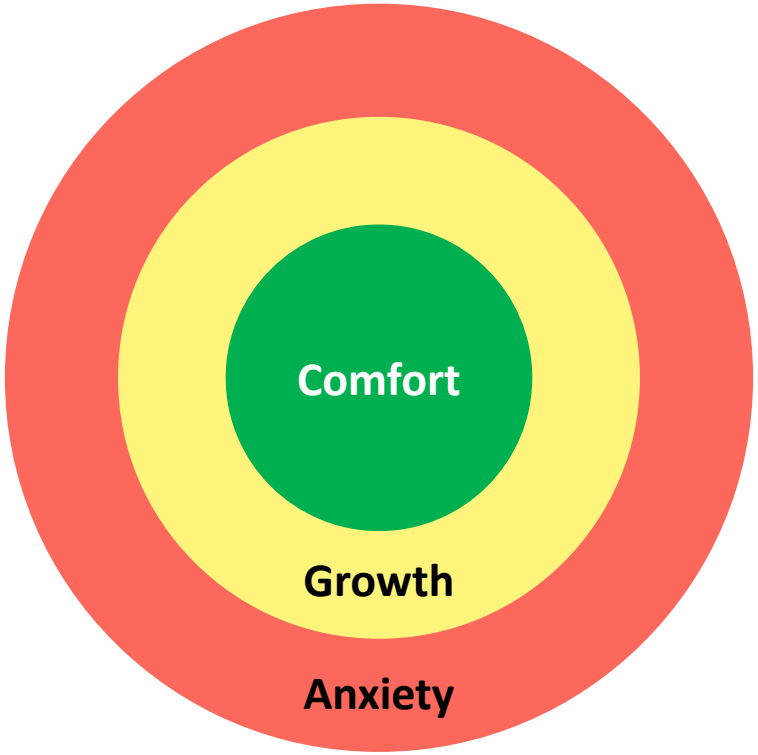
The Growth Zone Model



In the green zone you are comfortable, you are working with ideas you know, consolidating ideas and building fluency – **BUT you are not learning anything new.**

In the amber zone you are learning. Learning can make you feel uncomfortable. You are taking risks, it might all go wrong. You are learning so you don't yet understand. There will be barriers to overcome, you will have to struggle a bit and persevere to be able to "get it".

You will need support, talk to others and see what they make of the ideas, look in a book or on the computer. Use support to stay here as long as you can – you will learn more that way – but don't stay too long

In the red zone the risks feel too great, you feel unsafe and anxious.

The barriers feel too much, you just cannot do this.

You need help, don't be afraid to ask for what you need.