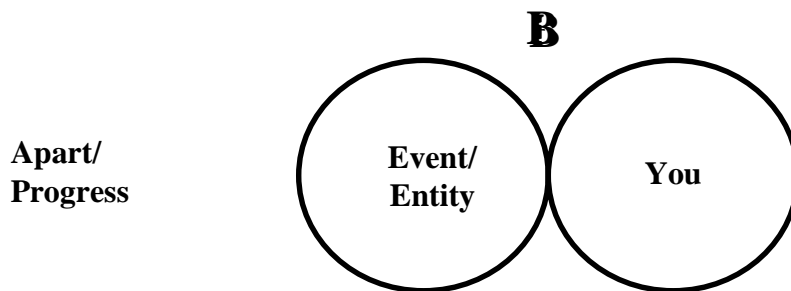
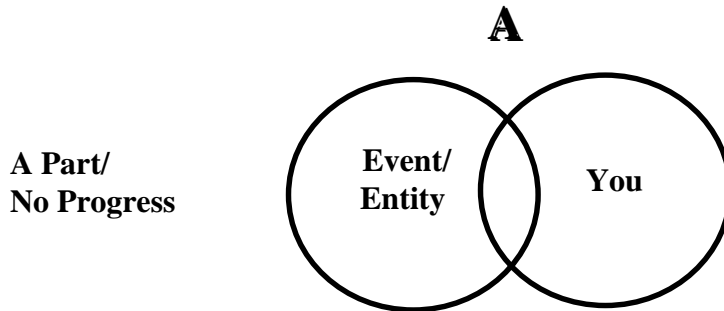


Finessing Professional Transitions: Methods for Managing Difficult Changes

Winding Down Phase—Physical Exercise

The A Part, Apart Model



In **Set A**—where the circles intersect, progress is **not possible**. Progress **is possible** in **Set B**—where the circles touch at any one point of the circumference of one another.

In **Set A**, “You” cannot move independently from “Event/Entity.” (In using the Model to help move through the process, consider “Event/Entity” as “Transition Interval.”) Everywhere “You” goes, “Event/Entity” goes. “You” is *a part* of “Event/Entity” just as “Event/Entity” is a part of “You.” When any two objects are *a part* of one another as in **A**, there is no way to separate the objects from one another, making progress impossible.

In **Set B**, “You” can move independently from “Event/Entity.” For example, if “You” wanted to rotate from any one point on the circumference, for our purposes—a whole degree—around any one whole degree on “Event/Entity’s” circumference, “You” could do so freely. Again, thinking in terms of whole degrees, “You” and “Event/Entity” have 129,600 points (360^2) at which each can connect with the other.

When “You” is *apart* from “Event/Entity” there are 129,600 possible points of progress, and that’s just in whole degrees. Imagine the possibilities for progress if the circumference were delineated in fractions of degrees! And that large number is only when “You” and “Event/Entity” are two-dimensional objects. Consider the infinite possibilities if “You” and “Event/Entity” were multi-dimensional objects.

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