

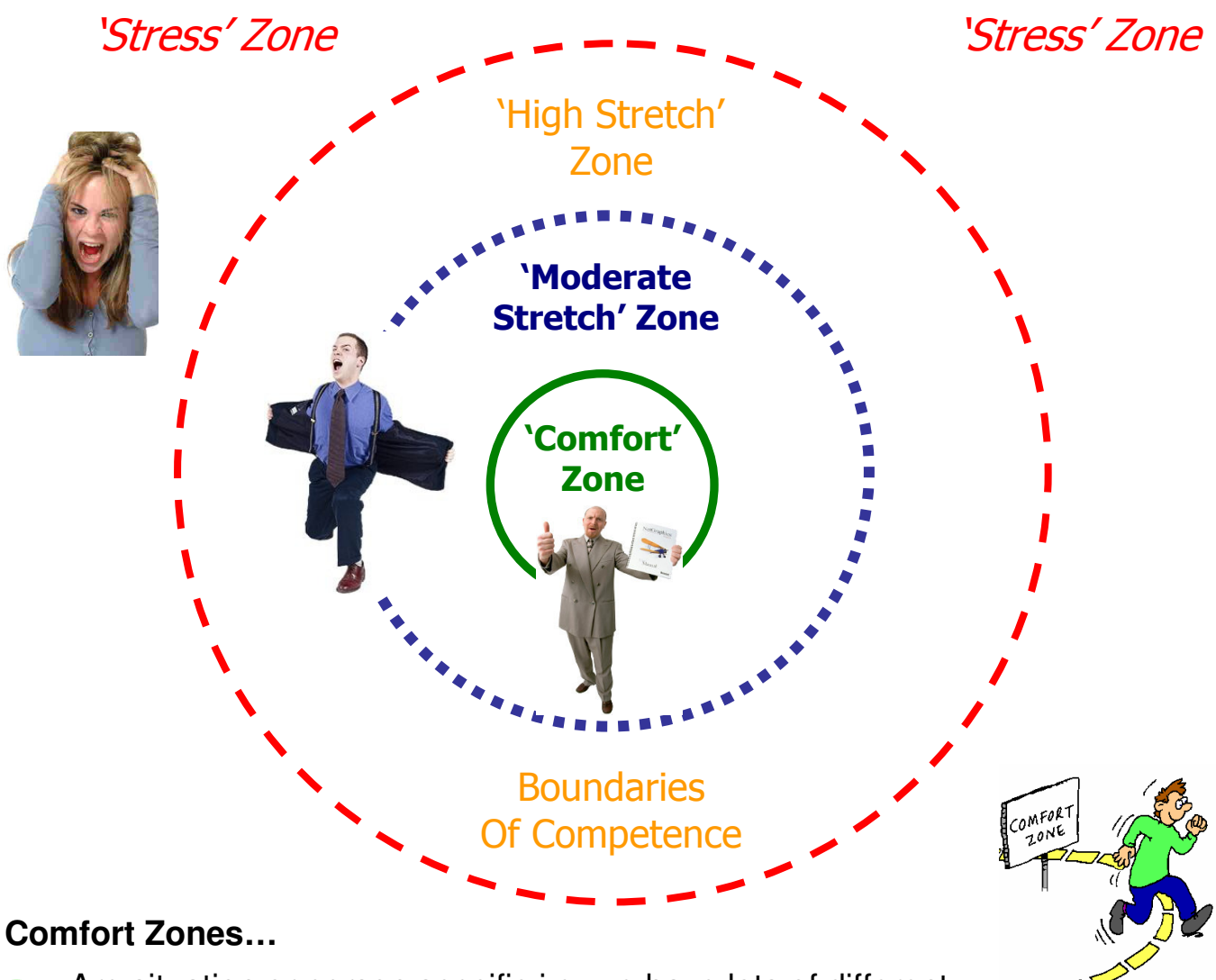
Comfort, Stretch & Stress



"To the degree we're not living our dreams, our comfort zone has more control of us than we have over ourselves."

- Peter McWilliams

The 'Comfort Zone' is a well known concept, but the key to making this knowledge work for us is to learn how we can push the 'boundaries', both for ourselves and to encourage others to step out of familiar, safe 'comfort', into stretch, and therefore into new learning opportunities and higher levels of performance.



Comfort Zones...

- Are situation or person specific i.e. we have lots of different Comfort Zones in different situations and with different people
- Expand over time; to the degree to which we step further into our 'stretch' zones, succeed, and therefore grow in both competence and confidence - they become self-fulfilling
- Can contract as a result of over-stretching ourselves, poorly delivered feedback from others, 'failure' (real or perceived), criticism or over-questioning of our ability/decisions