**Application 1: Personal Watershed Point/Event**

This course is rich with opportunity to reflect on and examine yourself from the perspective of change agent/facilitator of change. This reflective activity will help you in the development of your personal and professional capacity to assist organizations in the change process within your chosen career.

Recall an event in your life that was a WATERSHED POINT (a highly significant point of time which divides time). Describe the situation and analyze it through the lens of Bridges' Model of Transitions. Address the following questions:

**Situation Description**
1. How was this event different from other "meaningful" or even "monumental" milestones? In other words, what made it a watershed event?

**Situation Analysis**
William Bridges’ model of Transitions suggests there are three stages of transition and change. While this may be an event from a long time ago, try and recall your feelings and actions. Drawing upon those feelings and actions, respond to the next three questions, to the best of your ability. I say this because it may be somewhat challenging to put a past event into a framework; however, this model suggests that no matter the transition, we will have experienced these stages.

2. Describe how you experienced each of the five stages of Endings.

3. Describe how you experienced the Neutral Zone. Which of the steps did you take to finding meaning in this stage?

4. Describe the New Beginning. How did you know it was a new Beginning?

**Reflective Analysis**
5. List (at least) three specific things that you learned through this reading and writing activity, about individual response to change that will enable you to help facilitate change in the work place?

**Professionalism and Presentation**
Even though this is a reflection paper, it is necessary to use a professional style/format with headings and sub-headings. Use literature to support your discussion. Use APA style to cite these references and include a References page.

The ultimate goal for this paper is to demonstrate knowledge of Bridges’ model of Transitions, your ability to apply it to a “case study”, in this case, a personal event, and reflect upon the process