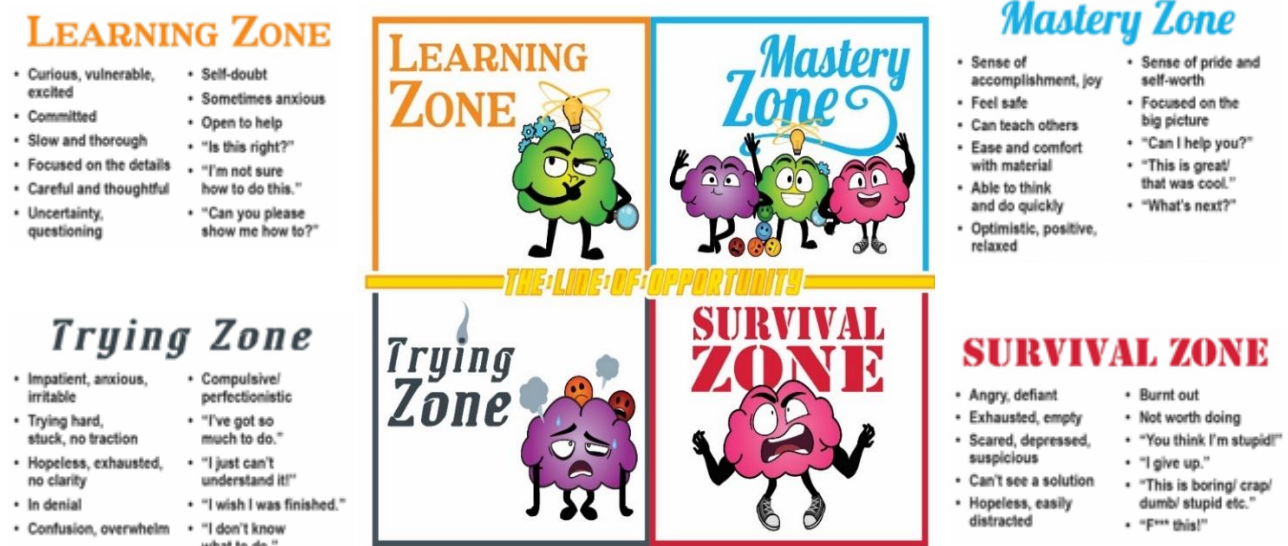


# Reboot Engagement Zones



All learning requires a sense of safety, space, trust and connection. Though it can be fun, learning is a risky business.

When we step into the Learning Zone, we face new material with slow, deliberate actions focused on the details. Some find this invigorating and exciting, in others it invokes a sense of self-doubt, anxiety or dread. This is much dependent on our learning history, past successes and the topic matter involved. With tenacity and time, we may gain mastery over the material and delight in the resulting sense of accomplishment.

Stepping into the **Mastery Zone** we can view both the big picture and detail simultaneously and our responses are automated and natural. Mastery feels comfortable and is fundamental to develop a positive image of ourselves as learners. Those happily engaged in life and learning live in an endless cycle moving between the Learning and Mastery Zones.

Self-doubt, exceedingly difficult tasks, stress, exhaustion or a lack of support drive us below the **Line of Opportunity**.

The **Survival** and the **Trying** Zones are overwhelmingly stressful. In Survival mode our only priority is self-preservation and we avoid risk taking to engage with new learning material. The walls go up and we respond in fight (angry and defiant) or flight (avoidant and/or in denial). Alternatively those in the Trying Zone are slowly burning themselves out, desperately investing energy for a positive outcome but unable to gain traction. Trying feels like hard, endless and hopeless work. Reboot creates self-aware and self-responsible learners who are able to manage themselves to engage successfully in life and learning. The Reboot tools create a calm, stable environment with relationships that provide emotional and physical safety enabling students to explore new concepts and move slowly to the **Mastery Zone**.