

THE UNLEARNING & RELEARNING CYCLE

A Framework for Transformational Course & Workshop Design



MICRO PROCESS

Applied within each workshop or module

01 ORDER

Safety established. Known ground.

02 PRECIPICE

Dissonance introduced. Edge felt.

03 VOID

Space held. Uncertainty witnessed.

04 CHAOS

Movement through. Emergence begins.

05 (RE)ORDER

New understanding anchored. Becomes new Order.

MACRO PROCESS

Across programs & longer containers

Transformation is not accidental.

it is guided with intention through each stage.

Facilitators hold the map so participants can

move through without navigating alone.

Each threshold is designed, not left to chance.

At (Re)Order, something deeper has shifted:

a new understanding, a new way of being.

**This (Re)Order becomes the new Order,
and the cycle begins again at a higher level.**

The spiral is always ascending.