

# CHANGE MANAGEMENT THEORY - BRIEF

## KÜBLER-ROSS MODEL

The Kübler-Ross Model is the popular *Five Stages of Grief* model that was introduced in Elisabeth Kübler-Ross's 1969 book *On Death and Dying*. It is important to keep in mind that this model is not intended to be a rigid series of sequential steps (i.e., linear). Individuals may have very different experience in their reaction to an emotional journey. The five stages of grief are as follows:

