

reflect, *realign*, RISE

gap assessment RESULTS

about bridgework

our mission

BridgeWork invests in tomorrow's leaders by empowering them today.

why the gap assessment

The Gap Assessment helps you identify where you are in your professional growth journey, across six Bridge Domains that connect personal development with professional excellence.

“Helping change the world of work for the people who change the world.”

the bridgework framework

The six Bridge Domains form the foundation of this framework, guiding professionals to balance growth, reflection, and impact in every stage of their journey.



At BridgeWork, we believe success isn't about choosing between **personal development and professional excellence**, it's about bridging the gap between them. Too often, professionals feel stuck in an either/or mindset, believing they must sacrifice personal growth for career success or vice versa.

The BridgeWork Framework challenges that thinking, showing that true success comes from embracing a both/and approach, one that values purpose and performance, reflection and action, people and results.

doing bridgework

Understanding the BRIDGE Domains

When you're doing BridgeWork, you're operating with the BridgeWork Framework: balancing personal growth and professional excellence.

Each Bridge Domain represents a core way you show up and grow at work.

the six bridge domains

- **Balance the Tension** – Manage work, wellness & purpose
- **Reflect on Where You Are** – Build self-awareness & direction
- **Invest in the Journey** – Commit to growth
- **Develop Strong Connections** – Build authentic connections
- **Gain Experience & Adapt** – Learn & adapt through experience
- **Embrace the Process** – Stay consistent through change



What area of your life or work feels most out of balance right now, and what small shift could restore it?

b balance the tension

Managing energy, time, and boundaries with intention.

You're learning to manage competing demands with clarity and care. This domain focuses on aligning what matters most with how you spend your time and energy. True balance isn't about equal effort, it's about intentional choices. Growth here means knowing when to pause, when to push, and how to create boundaries that protect your focus, energy, and overall well-being.

When was the last time you paused to celebrate how far you've come, and what did you learn from that moment?

reflect on where you are

r

Building awareness through honest reflection.

You're developing the habit of pausing to assess where you are and how you're growing. This domain centers on self-awareness, taking time to notice your progress, learn from feedback, and identify opportunities to improve. Reflection helps you turn experience into insight. Growth here means practicing honesty with yourself and allowing reflection to guide, not judge, your next steps.

Where in your current season of work or life could you recommit to consistent growth?

i invest your journey

Committing to continuous growth and intentional progress.

You're learning to see growth as a process, not a milestone. This domain focuses on taking ownership of your development, setting goals, seeking feedback, and following through on your commitments. Growth happens when effort meets intention. Investing in the journey means showing up even when it's difficult, staying curious, and trusting that small steps compound into lasting success.

Who in your circle helps you grow, and how can you intentionally invest back into that relationship?

develop strong connections

d

Building trust, collaboration, and meaningful relationships.

You're learning to strengthen relationships that support mutual growth. This domain focuses on building trust, communicating with empathy, and fostering collaboration. Growth here means recognizing that relationships are a two-way bridge, sustained by respect, honesty, and care. When you invest in others, you multiply impact, belonging, and resilience.



gain experience & adapt

g

Staying flexible and resilient through change.

You're learning to grow through experience, not in spite of it. This domain is about adaptability, adjusting to new information, learning from mistakes, and using challenges as opportunities to evolve. Growth here means practicing agility under pressure and maintaining perspective when plans shift. The more you adapt, the more confident and capable you become in navigating what comes next.

*Where in your current journey
might patience or persistence
serve you better than
urgency?*

e embrace the process

Practicing patience, consistency, and reflection in your growth journey.

You're learning that growth takes time, and that progress is rarely linear. This domain focuses on perseverance and mindset: trusting the process even when results take longer than expected. Growth here means valuing learning over perfection, seeing setbacks as part of development, and celebrating small wins along the way. When you embrace the process, you shift from chasing outcomes to building enduring impact.

your path forward

Turning reflection into action.

Growth happens when reflection turns into action. Your results highlight where you are today, but the real transformation begins with what you choose to do next. Identify one small, intentional step you'll take this month to strengthen your growth, then explore the BridgeWork experiences below to keep building your bridge.

bridgework opportunities

Sign Up for the Early Career Accelerator

Join our immersive development experience, available in-person or virtually, to deepen your self-awareness, leadership, and workplace impact.

Explore the BridgeWork Curriculum

Choose individual BridgeWork modules that align with your current goals or your team's development priorities.

Connect Us with Your Employer

Bring BridgeWork to your organization through customized trainings, assessments, and team experiences.

Join Our Learning Community

Join our network of early-career professionals committed to bridging the gap between purpose and performance.

closing your gap

“The gap is where growth begins and the bridge is what carries you forward.”

Every leader has a gap, the space between who they are and who they’re becoming. That gap isn’t a flaw; it’s the bridge where growth happens. By reflecting honestly, investing intentionally, and embracing the process, you begin to close that gap, step by step, choice by choice.

At BridgeWork, we believe progress isn’t about perfection. It’s about crossing that bridge with purpose, patience, and people beside you.

With Gratitude,

The BridgeWork Team

connect@dobridgework.com