

Passion for Life Coaching

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

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Transformation versus Change

A few weeks ago, I read a powerful passage posted by a member of an online coaching network group. The posting discussed the difference between change and transformation. The distinction presented between these two words created a profound shift in my vocabulary.

"Transformation is different than change. Webster's dictionary defines change as to cause to be different in some way. To transform is defined as a change in nature, function, condition, or structure. From these definitions, you can see that transformation is a deeper, more profound process than change. Some critical distinctions between change and transformation are:

Change : ...external actions, "I am better", how I act changes, external motivation, new learning

Transformation :deep, inner shifts, "I am different", how I think changes, internal motivation, new belief"

-Posted by: Premier SEMINARS, premierseminars@yahoo.com, July 17, 2006

An example of a change is a diet. A diet is an external action motivated by the external result of weight loss. Someone changes how they act for a period of time to gain a result. A transformation involves creating a healthy lifestyle by transforming how you think and feel about food. The lifestyle transformation includes new eating and exercise habits, recognizing and managing food as an emotional support, increasing self-confidence, and being motivated as a result of feeling healthier mentally and physically.

Transformation moves beyond change. A transformation starts with a change. Then, one develops a deeper level of understanding and meaning behind the change. You act a certain way because it becomes who you are not because you "should" do it or "have to" do it. In a transformation, life seems a little easier, brighter, and clearer.

Transformation is what coaching is all about. Coaching moves individuals beyond just changing their behaviors. For example, clients can learn to communicate their needs more effectively – a change. Additionally, in learning to communicate, they learn to recognize, acknowledge, and accept their needs as important. They put themselves first instead of last and don't feel guilty about it – a transformation.

Can you identify a distinction between a change and a transformation in your life? Is there an area of your life you would like to transform? If so, what changes can you begin with? Then, become more curious about your behaviors. Why do you do what you do? What limiting beliefs do you need to change? How do you prevent yourself from transforming? Move yourself to being different, not just acting differently.

Please forward this newsletter to others you believe would enjoy it. I welcome new subscribers! To subscribe/unsubscribe, please send an email to passionforlifecoaching@verizon.net. I also welcome feedback and ideas for future topics.

For more information, visit www.passion-for-life-coaching.com.

To learn how to overcome the emotional roadblocks to living a healthy lifestyle and create your success plan for emotional fitness, contact Suzette Langley, at passionforlifecoaching@verizon.net or at 410-757-7326. Schedule a complimentary 30-minute session. Coaching sessions are generally conducted by telephone so you do not need to reside in the same area as the coach.

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