

MAY 2008: What I learned from a police officer

## Need To Learn Distinction Between Change and Transformation?

Several months ago I approached a stop sign that was placed at an intersection that I navigated almost daily. The change that the stop sign created wasn't really significant to me. Until that day. I had always approached the stop sign, halted briefly and then proceeded to turn right.

On that particular day, as I turned the corner I was very surprised to see the flashing lights of a police cruiser, coming up quickly behind me. When the officer approached my car, I was totally unaware of the reason he had pulled me over. Actually I was feeling pretty confident that 'he' had made a mistake.

Well, he hadn't made a mistake; I had! He went to great lengths to inform me that I had not come to a complete stop at the intersection. I had made a 'rolling stop' instead of a 'full stop'. He also pointed out the possible risk of harm that I had placed, not only on myself but on other motorists and pedestrians.

He decided to give me a warning this time but I should be more aware of this in the future. With my heart pounding, I promised that I would do my best.

However, now, with this flood of thoughts and feelings, I had moved from responding to a change to what I now was recognizing as a moment of 'transformation'. Change really meant that I would adapt to a new way of doing things. Transformation involved a deep internal awareness and understanding of the situation.

Flora Slosson Wuellner observed in "Transformation: Our Fear, Our Longing": "Transformation involves much more than mere adaptation to outer manipulation. Transformation implies new being ... new creation rather than change."

**Change is inevitable.** It consistently occurs whether you want it or not. Transformation is not always a part of change.

You need to aim for movement from one situation to another that is not only about the difference, but also about the effect that is life altering.

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### I Have Learned...

I have learned that the more I recognize my own uniqueness, the less I need to compare myself to others.

### Quote

"When you're finished changing, you're finished."  
- Benjamin Franklin

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## Who are you, really AND what do you really want?

**You are a unique individual.** There has never ever been anyone exactly like you in the entire course of the human history. And there never will be ever again.

Your individual background, your life experiences, goals, achievements are yours and yours alone. They are what define you as a person.

**Would you like some help to discover who you really are,** what you truly value and what you genuinely want in your life - for tomorrow, next year, in five, ten or twenty years, all the way to the end?

Personal Coaching will support you to find out the true essence of YOU and get you what you want out of life .... THE EASY WAY!

# THE BEACON for Personal Power

For People Seeking Ultimate Personal Power



Pick up the phone and call Lois at (905) 713-1352 or email: [lois@discoveryyourselfcoaching.com](mailto:lois@discoveryyourselfcoaching.com) to book your **complementary 30 minute telephone session**.

It will be my pleasure to provide you with 30 minutes of coaching that will start you on your journey of Creating the Life Outcomes YOU Want.

## Change Begins With Making Choices

William Shakespeare uniquely made this observation: "The fault is not in the stars, but in ourselves."

That's right... **you created your circumstances by your past choices**. And now you have the ability and responsibility to make better more appropriate choices for yourself, beginning right now.

Just as there is the potential for a beautiful oak tree in each acorn, **there is definitely magnificent potential inside you**. This potential exists as pure creative intention and it consists of unique talents and a unique purpose.

**Remember, transformation is more than change.** It doesn't simply change what already is. It begins with a new idea which will lead you to grow beyond your current form. This is how growth and transformation begins.

AND the outcome will be a 'beautiful forest' that started as your idea and grew and made your world a better place to be.

**Become proactive in your personal development** by learning your traits, your interests, values, natural gifts, your strengths and weaknesses.

**Take one very positive step today that will honor your own uniqueness.**

Contact Lois for a **FREE 30 minute discovery session** either by phone or in person.

Lois Galloway  
Business & Personal Development Coach

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Lois Galloway is a member of International Coaching Federation, Coaches Canada and International Association of Coaches; trained by Coach University, Facilitation First and Relationship Coaching Institute, all well respected training facilities.



Lois provides her clients with a nurturing, non-judgmental space to engage in stimulating conversations and explore exciting possibilities that get positive results.

Her 30 years experience as a successful entrepreneur helps guide individuals on their journey toward personal and business related goals.

### Personal Coaching:

- Women in their turbulent (sometimes troublesome) 40's and 50's
- Middle-age men wanting to reshape and transform their lives

### Business Coaching:

- Business owners who can't find enough hours in the day to get things done
- Leaders who are paralyzed by fear of failure
- Team players who are frustrated with dysfunction and conflicts

### Facilitation:

- Focus Groups looking for clarity and solutions
- Business teams, meetings
- Workshops and teleclasses
- Lois is a Certified PRINT Survey Assessment provider/coach.

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Lois' fees are available upon request. For fee structure and additional information, please send an email to: [lois@discoveryyourselfcoaching.com](mailto:lois@discoveryyourselfcoaching.com)

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