

MODEL OF CHANGE

the process for experiencing long-term transformation



INFORMATION
Knowledge



IMPLEMENTATION
Practice



TRANSFORMATION
Change

INFORMATION IS KNOWLEDGE



- Be open to learning new information and developing deeper insights.
- Change begins through continuous learning, unlearning, and relearning of ideas and habits.

IMPLEMENTATION IS PRACTICE



- Consider how to implement newly learned concepts into daily practice.
- Change continues through shifted mindsets and consistent use of new skills.

TRANSFORMATION IS CHANGE



- Recognize that transformation occurs through the implementation of new skills and practices over time.
- Lasting change requires more than a quick fix or one-size-fits-all approach.



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