

Set Your Sail with Perception Coaching



Perception Coaching is happy to begin 2022 with you!
This twice a month newsletter is your reminder to pause and think about what you do well!

Talents in Mind

Using your talents on purpose is satisfying, creates energy, well-being, and can make us feel valued as a contributor. Today's issue has 4 pages of talent content!

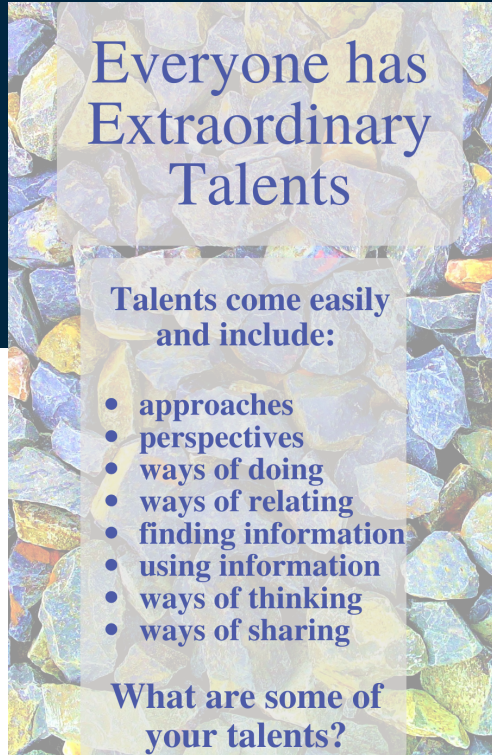
Each newsletter is an insider look at questions and excerpts from the soon-to-be published Perception Coaching book!

COACH AND CONNECT

@perceptivate

Make talents visible

TALENT EXPLORATION



Here are a few of the many
assessments you can try:

Gallup has **CliftonStrengths®**:

<https://store.gallup.com/c/en-us/assessments>
Schedule Talent Foundations and get this free!

High5 Test is a free strengths test:

<https://high5test.com/>

VIA looks at positive character traits; the following link describes VIA and several others and their uses:

<https://positivepsychology.com/via-survey/>

Use this issue's **journal topics** on pages 3-4
to see your talents as **identity** and **approach**.



Talent Foundations
Group Session



Talent Foundations
Personal Session

Does your organization focus on talents?

Perception Coaching's Talent Foundations SparkShop includes CliftonStrengths® Top 5 personalized reports for participants. Your group of 8-12 may qualify for a *pro bono* foundations workshop! We are booking 2 through February. Reach out to learn more!

Stay tuned!

Whether you read for a sneak peek at our most current work, to see things in a new way, for strategies to help others, or to look at the pictures this quick read is a great resource.

Thank you for your kind attention! ~Barb

IDENTITY AS TALENT



I am a hiker

For me, hiking is not an activity, it is a lifestyle.

I park near the far edges of any parking lot I use. Being lost means bonus miles. Renewal, energy, and time to think are benefits of hiking and being outdoors. I have become sure-footed and confident through years of hiking narrow trails.

ASK YOURSELF
What are things you
do *almost always*
because they add
value to your life,
maybe even help
define you?

APPROACH AS TALENT

Life-long learning is key

Formal and informal education brought me here, and will bring me to my next place.

ASK YOURSELF:
What are things you do *almost always* because they open doors or help you navigate your world in many situations?

When I start a project, I research. What do I know and what do others share? Learning gives me great things to think about. I like to take ideas and see how they fit with what I know. I am curious about others' perspectives.