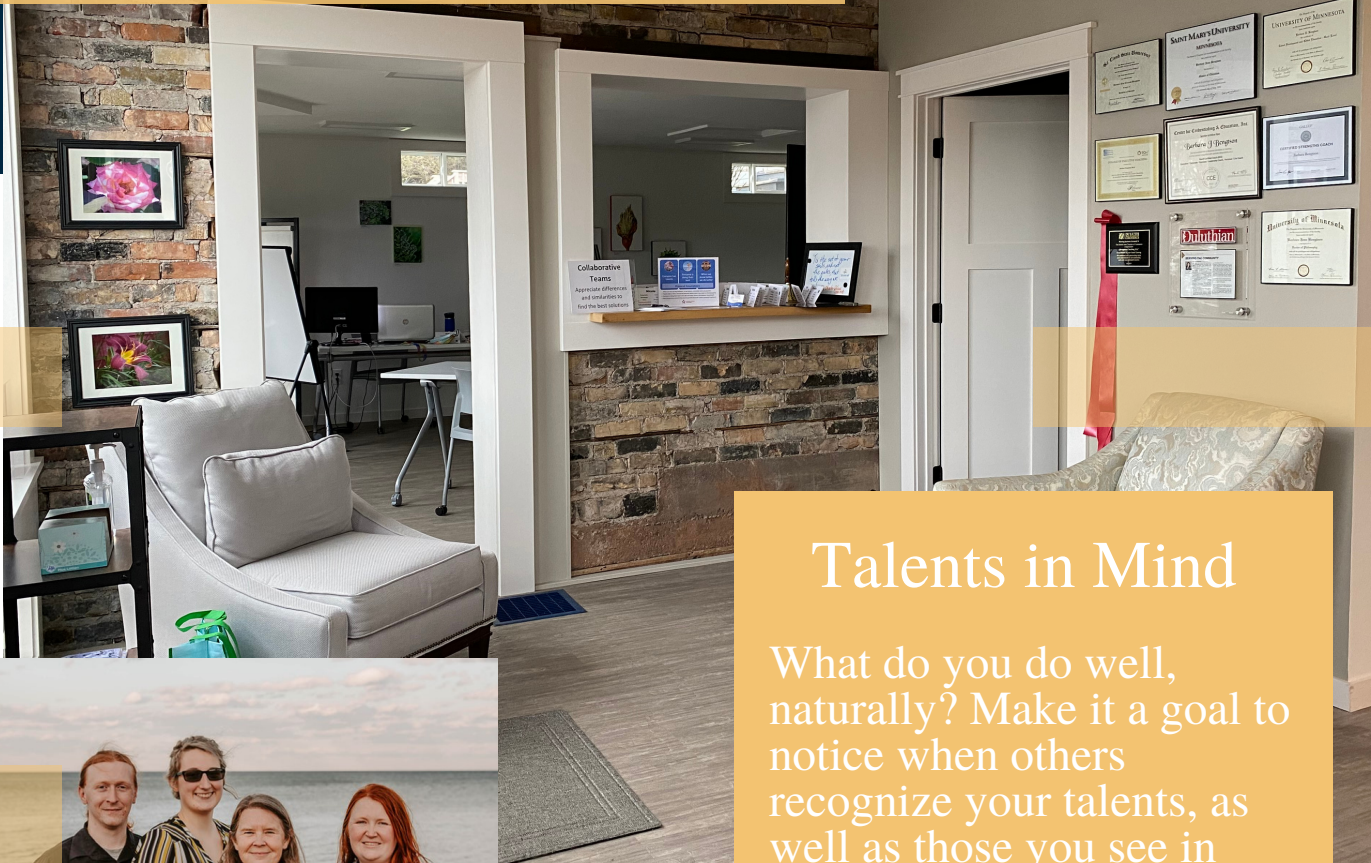


# Set Your Sail with Perception Coaching



## Talents in Mind

What do you do well, naturally? Make it a goal to notice when others recognize your talents, as well as those you see in yourself! Enjoy exploring all 4 pages of talent content in this issue.

Each newsletter is an insider look at questions and excerpts from the upcoming Perception Coaching book!

**Perception Coaching is a family business!**  
**Located in Duluth, Minnesota, we share strategies for talent appreciation in the region and around the world!**

# COACH AND CONNECT

@perceptivate

Talent to strength

## TALENT EXPLORATION



**Talent Foundations**

Focus on your talents to make them strengths!

- Talk talents with others
- Connect wellbeing with your talents
- Discuss dynamics between talents
- Celebrate successes

*Invest time to get fluent with your talents with us, or on your own!*

### Why we like CliftonStrengths®

CliftonStrengths® describes 34 elements which interact with one another in nuanced and dynamic ways.

The rank order list provides insights while helping us to avoid using them to label others.

Develop your talent language to share observations and ask meaningful questions. You will understand others and be better understood when the focus is on talent!

Use this issue's **journal topics** on pages 3-4 to see your talents as **flow and attitude**



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

# FLOW AS TALENT



## Revision

When I have work to make better, I lose track of how much time has passed. I only see the clarity added with each iteration!

Finding the right words. Constructing a sentence which concisely and accurately expresses the content and spirit of my thoughts. These are my writing revision goals.

**ASK YOURSELF**  
What are things you do that seem to defy time and stamina because they engage you deeply?

Growth note: How did today go? Reflection brings light to our perspectives, which broaden with revision.

# ATTITUDE AS TALENT

**I can make things better**

Choices have consequences,  
so always work to act  
productively.

**ASK YOURSELF:**  
What do you think,  
or message to  
yourself because it  
supports your mood  
or helps you  
navigate your world?

An attitude is an enduring judgment  
which supports your direction.

I sometimes feel like a  
drop in the lake. To  
empower and focus  
myself, my attitude is  
that of contribution. It  
gives me purpose with  
which I measure my  
day and interactions. I  
feel everything we do  
has some impact, so  
make it good!