

Set Your Sail with Perception Coaching

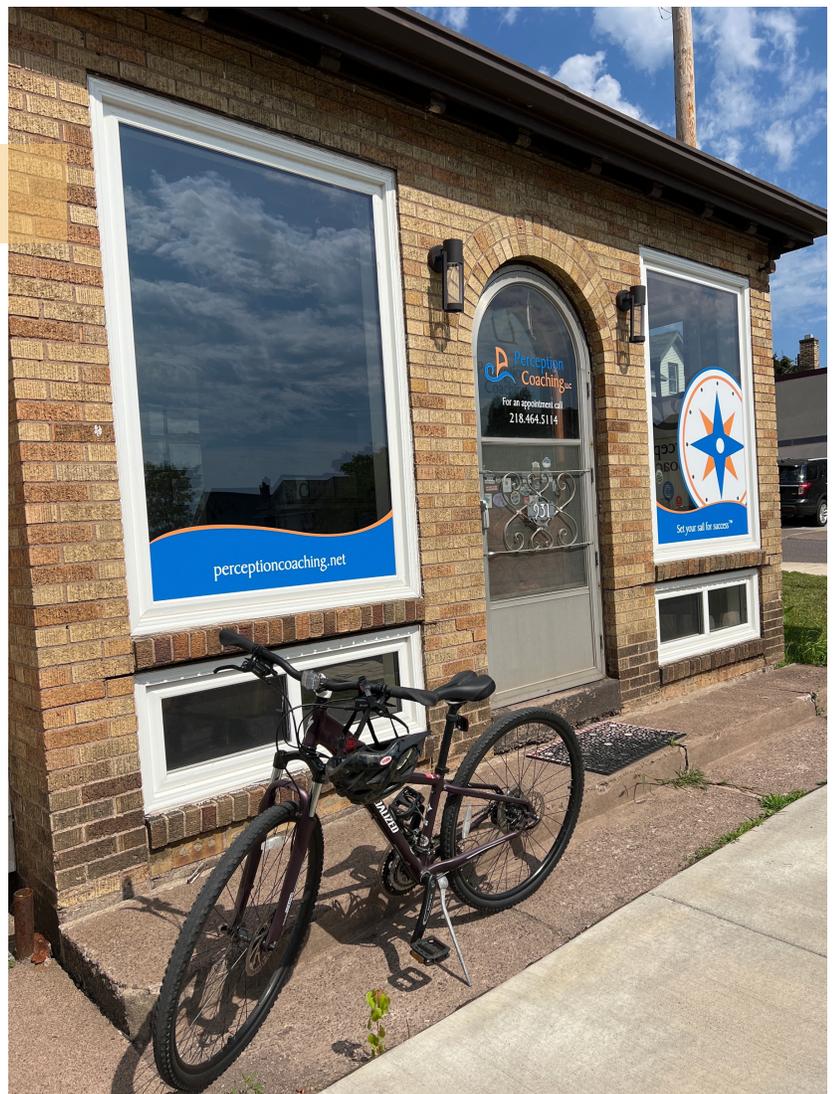
*Easy as
Riding a
Bike!*

Riding a Bike: a Skill that Hibernates

In my teens I used to ride my bike for miles exploring neighborhoods, parks, and local attractions.

Today I took my bike to work and found both familiar ease and some discomfort.

*What skills do you
possess which have gone
untapped for some time?*



Use the questions sprinkled throughout this issue as journaling topics and reflect on things you can do and how you may use them to thrive!

PERCEPTION COACHING

Re-discovering Fluent Skills

*Just Like Riding a
Bike: a simile
used to express
that a skill, once
learned, is forever
accessible*

**Skills are like muscles,
they are strongest when
exercised.**

Learning to ride a bike
includes many skills:
balancing, steering, shifting,
braking, and others.

Today I find I can still do each
of these-even on a different
bike, though not as
automatically or fluently as I
once did.

Prompted by an upcoming
triathlon, I am working to
shake out my biking cobwebs!

What activity or
skill might create
joy for you, if you
re-activate it?



1. everyone has extraordinary talents
2. everyone is doing their best
3. everyone matters

PERCEPTION COACHING

Fluency and expertise come from intentional practice.

In what way might you develop a skill to become a strength you can use fluently?

What natural talent do you enjoy practicing?

Starting projects
Learning about people
Creating new things
Making plans
Supporting others
Doing research
Being physically active
**Logical reasoning
Finding alternatives
Others?

What is something you do everyday?

Physical movement is both a need and a tool I use to keep myself happy and healthy.

~ Barb

How can it support your talent development?

Hiking became easy, and now daily walks provide space to think. I often use that time to process goals, progress, needs, and encounters with others.

Biking is a 'rusty' talent, not recently practiced. I spent today's bike ride thinking mostly about shifting and braking!

1. everyone has extraordinary talents
2. everyone is doing their best
3. everyone matters

PERCEPTION COACHING

Fluency and expertise come from intentional practice.

In what ways might you develop a skill to become a strength you can use fluently?

What natural talent do you enjoy practicing?

Starting projects

Learning about people

Creating new things

**Making plans

Supporting others

Doing research

Being physically active

Logical reasoning

Finding alternatives

Others?

What is something you do everyday?

Everyday I make sure our pets are fed and happy, and I make myself coffee.

~Haley

How might this support your talent development?

Coffee time can become daily goal setting and scheduling time-to be more intentional about my day.

Without a plan I tend to forget things or miss opportunities.

1. everyone has extraordinary talents
2. everyone is doing their best
3. everyone matters