

Set Your Sail with Perception Coaching

**Set Your
Sail for
Success!**

An Empowered Life

As the poem says:

***'Tis the set of your
sails, not the gales,
that tells the way we
go!***

How does one *set their sail* to
become more confident and
resilient?

How do your purpose and
talents empower you to
stay the course?

Tis The Set Of The Sail (One Ship Sails East)

Ella Wheeler Wilcox

But to every mind there openeth,
A way, and way, and away,
A high soul climbs the highway,
And the low soul gropes the low,
And in between on the misty flats,
The rest drift to and fro.

But to every man there openeth,
A high way and a low,
And every mind decideth,
The way his soul shall go.

**One ship sails East,
And another West,
By the self-same winds that blow,
'Tis the set of the sails
And not the gales,
That tells the way we go.**

Like the winds of the sea
Are the waves of time,
As we journey along through life,
'Tis the set of the soul,
That determines the goal,
And not the calm or the strife.

Use the questions throughout this issue as
journaling topics to spark ideas to increase
confidence and optimism and thrive!

PERCEPTION COACHING

Purpose and Talent

Know where you are going and how you will get there to confidently navigate barriers and challenges

A Path to Optimism?

Confidence grows when you learn, practice, and stretch.

Resilience is supported by hope for the future and an attitude of learning.

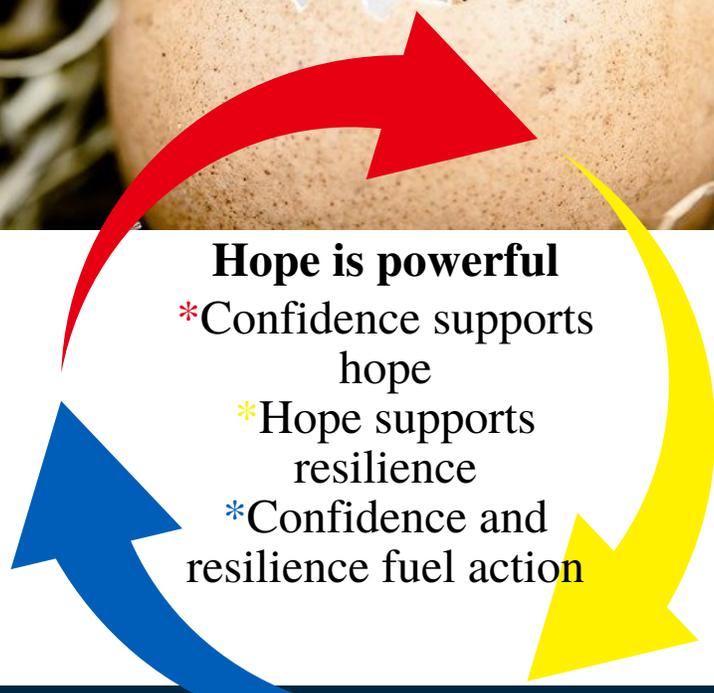
What hopes do you have for the future?

How have you *Set Your Sail* to get there?



Hope is powerful

- *Confidence supports hope
- *Hope supports resilience
- *Confidence and resilience fuel action



Is confidence important to you? Why?
How may resilience be improved?
Where best to impact and create change?

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

PERCEPTION COACHING

Is your purpose clear?

How might you talk about your expertise?

How do your purpose and expertise align and interact?

How have you developed expertise?

As an educator

*I Set My Sail to support diverse student needs. This fueled my learning. Out of necessity, the interactions between talent, expectations, and engagement were my **passion** for decades. I am **confident** in my ability to navigate these topics! ~Barb*

The order in which commitment and expertise occur is like the chicken and egg question! For me, expertise was developed in response to needs I saw in the classroom.

After developing my expertise, I put words to my *purpose*: I support others' efforts to reach their greatest potential. This is my mission as a coach.

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

PERCEPTION COACHING

Have you always had direction?

How long have you been developing expertise?

How have you developed expertise?

All my life I have...

Set My Sail to provide a listening ear and advice. I was always the friend that people came to for advice, or to vent. Supporting people through challenges became a way for me to connect and learn about others, while getting the good feelings of making people happier!

~Haley

My goal has always been to make life a little better for people around me; I now have more opportunity to do that directly through coaching.

As I develop coaching skills and strategies, I see expertise as a forever ongoing task. There will always be new viewpoints and ideas to add to my expertise.

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