

The water's fine...

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It's time for positive
CHANGE



Dive in to Deeper Discovery

January, 2017



One of the most effective and powerful tools I've come across for personal and career development is [Insights® Deeper Discovery](#). This program is more than a personal assessment. It's an exploration of your deepest self, a guide for overcoming obstacles, and a roadmap for finding happiness in both your

personal and professional life.

I've co-facilitated several Deeper Discovery workshops with Dr. Jean Davidson and the outcomes have left us open-jawed with amazement. The participants in our day-long programs undergo powerful transformations and are able to articulate deep insights about themselves and their lives. That's one of the beauties of Deeper Discovery—it gives you the language (through the archetypes of discovery) to express what you already know to be true.

Although Deeper Discovery has many profound and long-lasting effects, here are three of the most powerful:

1. It Unearths Hopes and Fears

Your deepest-held hopes and fears are the things that propel you through life. [Hope is a powerful force](#) and can fuel your goals and dreams, no matter how unlikely. Hope has been known to lift people out of poverty, form communities, and create better futures. But it is often shut down by fear.

Deeper Discovery helps you look your fears in the eye and think about them in depth. What would you do with your life if you weren't held back by fear? What would you try? What perceived obstacles would fall out of your way?

2. It Defines Your Legacy

Deeper Discovery talks about legacy in two ways: There's the "Capital L" Legacy, which is how people remember you once you're gone and there's the "lowercase l" legacy, which is the impression you leave with every interaction. Although both are important, Deeper Discovery encourages us to focus on the "little l" legacy and think about how we affect others on a day-to-day basis.

How do people around the office view you? What about your friends and loved ones? Do you enter each conversation with a "glass half-full" attitude? Are you consistently courteous to others and treat your co-workers, boss, friends, and family members with respect? This is the legacy you create every day—the small interactions with other people.

3. It Focuses on the Future

It's great to dive deep and reflect upon who you are, your strengths and weaknesses, and your values. But, what then?

Deeper Discovery looks forward. It helps you define a path for the future and gives you the tools to get there. Not many personal development programs do

that. Many programs leave participants with a sense of “Okay, that was enlightening, but NOW WHAT?”

Deeper Discovery lights the way and provides the guidance you need to walk forward with confidence, toward your goals and dreams.

If you're interested in seeing what Deeper Discovery is all about, Dr. Davidson and I are [offering four workshops in 2017](#) that are open to the public. For more information about Deeper Discovery, please visit our [Intentional Discovery website](#) or feel free to [contact me](#) today.

Dig deeper this year!
Sincerely,

Margaret

From the UXL Blog...



The Power of Hope

Hope is a powerful factor in lifting people out of poverty, motivating people to find work, and more.

Here's what the science says about the power of HOPE...

Read on!



Relax! Your Body Needs It.

Stress can have serious consequences on your wellbeing. Here are 6 tricks and tactics for getting your relaxation on!


Read On!



Life as a Web (Don't Blow Your Connections!)

Your actions and words can have a far-reaching effect. How is your "web" helping or hindering your personal brand? And how can you improve it?

Read On!



Insights® Deeper Discovery

Join Margaret and Dr. Jean Davidson for an interactive workshop designed to unlock personal and career potential

8:30 a.m. - 4:30 p.m. January 19th

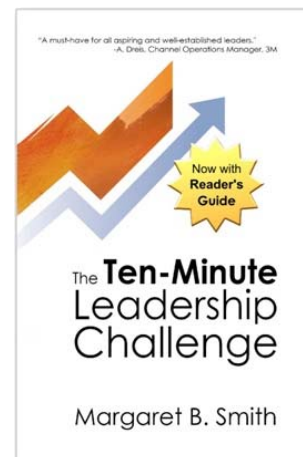
Holiday Inn, St. Paul. [Click to learn more about Intentional Discovery.](#)



UXL's mission is to create leaders, promote positive change, and enable businesses and individuals to transform their dreams into reality. **Margaret Smith** is a career coach, speaker, author, licensed [Insights Discovery practitioner](#), and adjunct professor at St. Kate's University with 27 yrs experience as a Senior Leader for 3M. [Learn more about Margaret and UXL.](#)

The Ten-Minute Leadership Challenge is an instructive and interactive book meant to guide and motivate you to **achieve your full leadership potential**. Let this book be your constant companion as you learn **useful tips and gain valuable insights** to help you develop into a savvy business professional and a confident leader. Start your journey to success today. **Do you have ten minutes?**

[Click for more information on the Ten-Minute Leadership Challenge](#)





Margaret is the co-founder of the TAG team <http://www.tag-mn.com/>, a group of accomplished coaches that guide individuals and organizations to reach their peak. She runs TAG with acclaimed coach [Karen Kodzik](#).



Margaret is a licensed Insights Deeper Discovery practitioner. She guides individuals undergoing a transition through her program, [Intentional Discovery](#), co-founded with [Dr. Jean Davidson](#) (Davidson Consulting and Coaching).

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