

Oct 2017

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Facing disaster? How to recover from a major transition...

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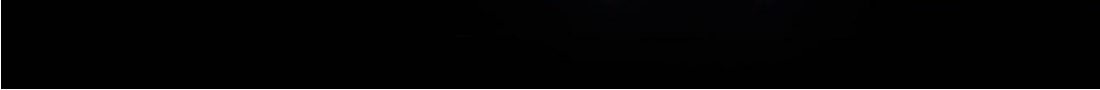
It's time for positive
CHANGE



When disaster strikes: Recovering from a major transition

October, 2017





Last month was filled with devastating storms, hurricanes, and forest fires that impacted the lives of thousands of people. A major life change can happen to anyone in the blink of an eye... and isn't necessarily caused by a natural disaster.

You might lose your job to downsizing, a company scandal, or outsourcing. You might have to deal with a sudden serious health issue, or an unexpected death in the family. Maybe your relationship with a significant other or a close friend gets derailed.

Whatever your personal storm, it *is* possible to recover from major life traumas. Start with these 4 steps:

1. Reclaim your personal power

Understand that you are strong, capable, and you can overcome anything. Although a devastating life change can leave us feeling helpless and weak, you will always have internal power that can pull you through even the worst situations. Just look at [Louis Zamperini](#), the Olympic runner who was lost at sea for 46 days, was tortured in WWII prison camps, and lived to tell the tale. It is said that Zamperini managed to keep his mind off his dire situation by reciting favorite Italian recipes to his fellow prisoners.

Humans can be incredibly resilient, and that includes YOU. (If you'd like help tapping into your resilience, my colleague [Nancy Maxfield-Wilson](#) facilitates resilience retreats and seminars for individuals in need of a power boost).

2. Reinvent yourself

Think of your current situation as an opportunity, a fresh start. This is your chance to go forward and reinvent yourself exactly as you see fit. No matter if you're pursuing a career change, developing healthy new relationships, or making a major lifestyle shift, it helps to view the path ahead as an exciting new opportunity instead of a slog.

3. Take risks

Put yourself out there! Apply for jobs you never thought you'd apply for; go to networking groups and meet exciting new people; take classes and learn a new

skill. The world is your oyster, but you have to be willing to take risks. Even if you take a chance and things don't pan out as expected, you can still chalk that up as a learning experience and start again. Think of all the start-up companies, inventions, and novels that would have never existed if people didn't decide to be brave and invest time and money in their passion. Your dreams are worth some (reasonable) risk.

4. Pause and give yourself credit

We don't often stop to compliment ourselves on how far we've come or what we've accomplished. On your road to a better future, don't forget to pause and celebrate your milestones. If you earned a job interview (even if you didn't land the job), take a quiet moment to acknowledge your victory. If you're dealing with a health issue and you've been following the doctor's prescribed regime for a week, pat yourself on the back and recognize your commitment to better health. Recognizing milestones will help your journey seem more manageable and positive. Instead of dwelling on the fact that you're not there yet, you'll be able to keep sight of what you *have* accomplished.

Although personal storms can seem devastating and impossible to rise above, believe that you *can*. Your approach to overcoming adversity can make all the difference. How will you rechart your course and start sailing toward calmer waters?
(If you need help, [I'm here](#)).

Sincerely,



From the UXL Blog...

Happy reading! More at UXLblog.com.





When Your Manager is Difficult...

Many of us have had the unfortunate experience of dealing with a difficult manager at some point or another. Here are 6 ways to defeat these energy vampires!

Read on!



4 Ways to Delegate More Effectively

If you take the necessary time to delegate in a meaningful way, you'll end up saving far more time and energy over time. How? Follow these four steps...

Read On!



[Infographic] Banish Self Doubt in 5 Steps

Many of us are faced with debilitating self-doubt, which can have a significant effect on our careers. Here's how to BANISH your doubt in 5 steps...

Read On!



We are looking forward to our next [Insights Deeper Discovery](#) workshop! It will be held on Thursday, October 19th. More details about this transformative program on [our Eventbrite page](#).

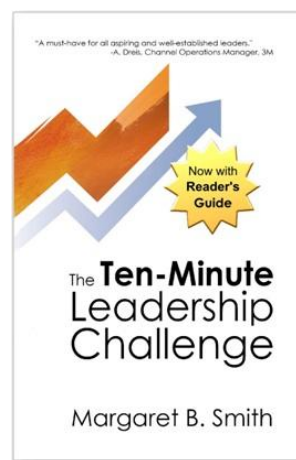
"I left feeling affirmed and challenged to take those next couple steps on the way to the Real Me." - Mary, workshop participant



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](#)



Are you a first-time supervisor or emerging leader? Build a Boss is the flagship program of the TAG Team, designed to enable and empower new leaders.

[Visit the TAG website for more details.](#)



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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