It's time for positive CHANGE

UXL

How's Your Clean Slate Mentality?
January, 2016

A new year, a fresh start. But what does it all *really* mean? The new year is more of a state of mind than anything. What if we decided to mark the beginning of the year in February? Or June? How would that change the way you approached your year?

My message to you as you embark on your journey in 2016 is this: **Find your "clean slate mentality"** whenever you need it. If you're feeling frustrated mid-year and would like a fresh start, DO IT. **Regroup, reflect, and make the intentional decision to leave behind your mental baggage and step forward into a new beginning.** This state of mind is effective in all aspects of your life, whether career-related or personal. Whenever you need to, embrace the clean slate!

Sincerely,

Margaret

Looking Back

I'd like to share with you a few of the landmark events that happened in 2015. It's been a busy year!

- I co-launched a new business called the TAG Team with acclaimed career coach, Karen Kodzik. The TAG Team is comprised of a team of accomplished coaches that work with both individuals and organizations.
- Through TAG, Karen and I developed a leadership program called Build a Boss.
- I took my Insights® Discovery certification to the next level and became a Licensed Practitioner for Insights® Deeper Discovery.
- Dr. Jean Davidson (of Davidson Consulting and Coaching) and I partnered to form Intentional Discovery**, a business dedicated to Insights® Deeper Discovery. Through this interactive and groundbreaking program, individuals embark on a journey of self-discovery to improve their career, personal life, communication skills, and interactions with others. Recommended for anyone undergoing a transition.

**Our next workshop is Wednesday, January 13th. More details on Eventbrite.

From the UXL Blog…
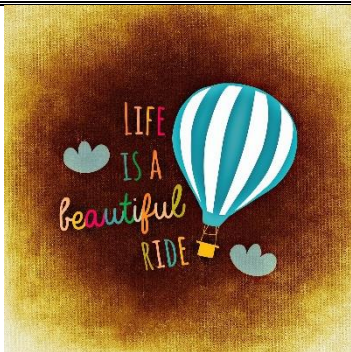
Little Affirmations
10 ways to brighten your life and improve your attitude every day.

READ ON!

ACTIVITY: Your Greatest Moments
Try out this 4-step activity I often use with my coaching clients.

READ ON!

Looking for a Breakthrough?
An introduction to Insights Deeper Discovery.

READ ON!

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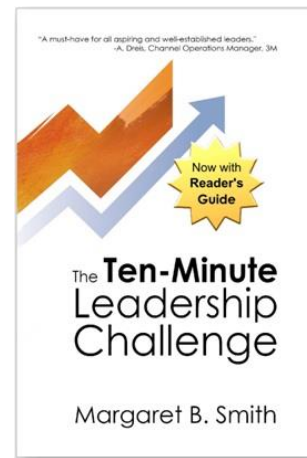
Margaret is the co-founder of the TAG team http://www.tag-mn.com/, a group of accomplished coaches that guide individuals and organizations to reach their peak. She runs TAG with acclaimed coach Karen Kodzik.

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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Please enjoy a **FREE 1/2 hour consultation** with Margaret Smith

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To Redeem: Email Margaret at
margaret@youexcelnow.com
and mention this offer.

Date of actual consultation subject to availability.