

Know thyself.

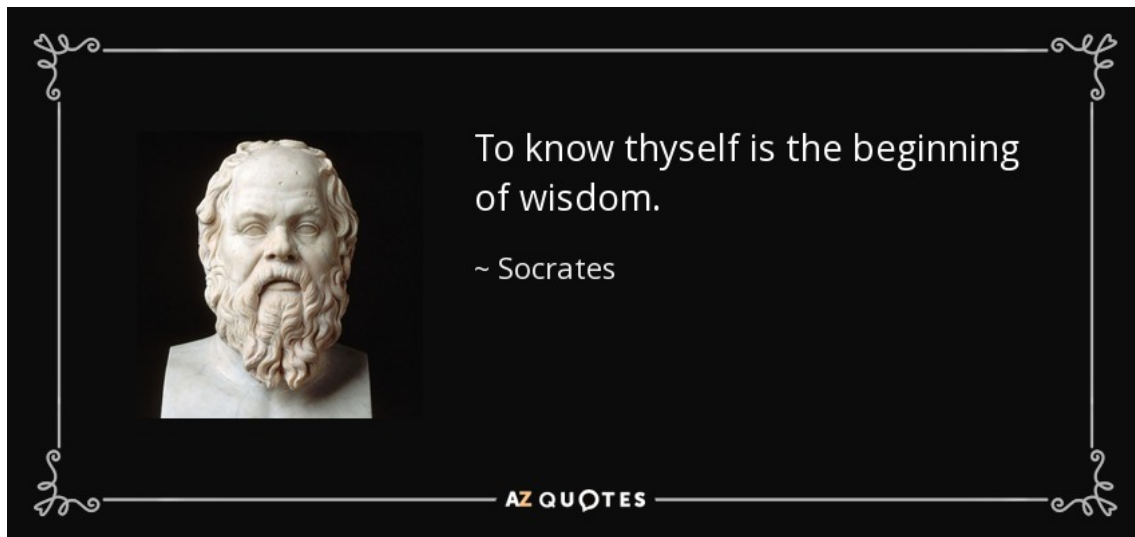
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It's time for positive
CHANGE



How well do you know YOURSELF?

June, 2016



If you're like most people in the world, life isn't perfect. You might struggle with conflict in the workplace or tension within your family. Or maybe you're part of a team or committee that just isn't clicking. Or perhaps your career isn't quite going in the direction that you'd like.

Although all these troubles seem like separate beasts, they really all have one thing in common: **YOU**.

Gaining an intimate knowledge of your **SELF** and how you operate can tremendously help both your personal and professional life. It's difficult to solve the issues that may be going on around you if you don't have a **clear vision of who you are and how you relate to others**.

Now, you might be thinking, "I already know myself. I've lived with myself my entire life, haven't I?"

While that may be true, your **SELF** will likely grow and evolve throughout the years. You might have different needs, ambitions, and aspirations than you did ten years ago. **When was the last time you took the time to really, truly think about your place in life?** When have you taken the time to consider your interactions with others and how you fit into the big picture?

Working with a career or life coach, attending a self-discovery workshop, or going on a retreat are all ways you can get started on the road to self-knowledge. Sure, you can try to go it alone, but I've found that working with other people can help bring in brand new perspectives that you may not have even considered.

Programs like Insights® Deeper Discovery can help get you started. This interactive workshop uses science-based tools to help participants discover individual self-worth, improve team dynamics, and bolster leadership effectiveness. Learn more about Insights® on the Intentional Discovery* website.

It is well worth it to take the time to hone your life's compass and figure out your path. Only when you intimately know yourself can you truly start to help others.

Sincerely,

Margaret

*Intentional Discovery is a program developed by [Dr. Jean Davidson](#) and myself. We are both licensed Insights® Deeper Discovery practitioners and have held several workshops that have led to life-altering transformations. Please feel free to [contact me](#) with any questions about the program.

Coming Up...

Dr. Jean Davidson and I have several [Insights Deeper Discovery](#) workshops coming up in 2016. **The next one is on October 13th.** Make personal and career breakthroughs, navigate transition periods, and explore your individual self worth (or team dynamics) with Insights Deeper Discovery. [Register Today!](#)

From the UXL Blog...



Abandon the Dilbert Cartoon Mentality

Ever feel like you're trapped inside a Dilbert cartoon? Founder of Keyhubs, Vikas Narula, is aiming to change the Dilbert Mentality...

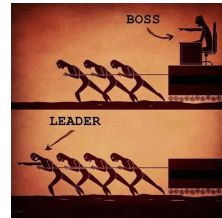
[Read On!](#)



The Surprising Habits of Original Thinkers

Based on Adam Grant's TED Talk, this post explores how original thinkers get things done and make breakthroughs. His discoveries may surprise you!

[Read on!](#)



The Difference Between a Leader and a Boss

There are distinct difference between a BOSS and a LEADER. Which one are you leaning toward?

[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 Deeper 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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