



roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

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October 2013

Dear Jim & Betty,

September is always a significant month for me as I experience the blessing of fall and the blaze of color mixed with the sadness that summer is once again coming to an end. We celebrated the Fall Equinox with our annual Labyrinth walk welcoming 30+ participants to the event. September 21st was also International Peace Day and we asked that everyone join us in the mantra, "peace be with ME, peace be with YOU."

Life has sped up significantly over the last four weeks as Jim and I jumped into a

large Lumina Learning project with one of our clients. This is a welcome expansion of our work and our dream of building 'strength-based working cultures'. We also concluded our most recent Coaching Circle with the focus on living from your strengths.

All this to say that strengths-based living has been our focus, helping others to become consciously aware of the top qualities/strengths which define their uniqueness and learning to fully engage these strengths in all aspects of life. As a result the focus of this e-newsletter is Strengths-Based Living.

To view my brief video presentation of this month's topic, click <http://youtu.be/FzGDpbY8xPs>

Enjoy the read!

Betty

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This month's roadSIGN



Blueprint - photographed in Ottawa, Fall 2013

October Newsletter

"Everybody is a genius.
But if we judge a fish by its ability to climb a tree,
it will live its whole life believing it is stupid."

Albert Einstein

A Blueprint for Strength-Based Living

Strengths-based living is a new conversation and a new language; it is a new blueprint for living your life. It's not that the idea of assessing or acknowledging your strengths is new; in fact this conversation has been around for several decades. It is simply the reality that once acknowledged, your strengths fail to be applied to how you choose to live in the day to day.

In his most recent book, *GO, Put Your Strengths to Work*, Marcus Buckingham writes that, "although we know how to put a label on our strengths, we still have little idea how to take control of our work (or our life) and steer it towards these strengths."

Why Strengths-Based Living?

Living from your strengths is a conscious choice and as I see it a new way of communicating with yourself. If you notice, it is not the way you generally approach life. Whether it is a conversation with yourself, a spouse or a child, or a colleague at work, it is human nature to point out the flaws or the areas that need improvement.

Consider the child who presents you with a report card highlighting four A's, one B and one F. According to research, 70% of parents will focus on the failing grade and forget to celebrate the other marks on the report card. And this is not limited to kids. As adults we give ourselves failing grades every day when we focus our attention on all the imperfections in our character and all the things we have not accomplished.

In our experience with strengths-based living, we are learning that assessing and understanding your strengths is a new opportunity for changing this old conversation. Once you know your strengths, the invitation is to integrate them into everyday living, to begin to see your expression these gifts in how you live and how you work. We have noticed that when our clients begin to use their strengths as a touchstone, they are uplifted, engaged and more resilient with life's small and large happenings.

In other words it is a concrete strategy for managing your inner critic.

Much of our work has been dedicated to offering our clients and readers tools for

shifting their inner voice from critic to coach What we are learning now is that when you focus on your strengths, consciously engaging your strengths and building your life from there, the voice of the inner critic shrinks. There is simply no space for her/him.

The naysayers of this approach, and there are a few, say that you can't ignore your weaknesses. I agree. There are however, different ways to approach the areas of your life you wish to develop. One of the myths of personal growth is that you grow most in your areas of weakness. The research suggests that you grow most in your area of greatest strength and that investing in your strengths adds to your level of engagement in life and work, your resilience and your creativity.

I imagine this: would you choose to build a new house on a foundation made of materials that you know were flawed by a certain built-in weakness, believing that adding the structure to the house would make these materials stronger? NO! So why would you think that building your life on a foundation of your personal weaknesses would be a good choice?

Identifying our Strengths

Most recently we have been using the Lumina Spark Portrait, a unique psycho-social tool developed by Dr. Stewart Desson out of the University of Westminster in London, England, to facilitate the strengths-based living conversation.

Note: there are other Strengths Based tools available, Lumina is our preferred assessment tool.

You are the best person to identify your strengths and self-assessment through one of the strengths based tools allows you to get an objective view of what these strengths are.

In the Lumina Model the following qualities or strengths are identified: intimate, accommodating, collaborative, empathetic, adaptable, flexible, spontaneous, conceptual, imaginative, radical, sociable, demonstrative, takes charge, tough, competitive, logical, purposeful, structured, reliable, practical, evidence-based, cautious, observing, and measured, 24 in total.

Each quality/strengths has a clear definition within this model to ensure

consistency from one person to another in terms of their understanding of the strengths.

One of the most interesting aspects of the Lumina model is that it does not force the individual to be this or that. It allows for the possibility that you are, for example, both competitive and collaborative, which would seem to be opposites. Understanding human personality and individuals strengths is not however, black and white. You and I are shades of many different things

Strengths As A Blueprint

The opportunity to assess your strengths is the first important step. The next step is integrating what you learn consciously into your life, using your strengths as your personal blueprint.

It begins with belief - this is who I am. This is followed by celebration - my strengths define my unique abilities and what I bring to the world around me.

It is further enhanced by understanding that strengths are your vital foundation, a structure which allows you to be real and authentic and which gives you concrete terms by which to live.

It is followed by taking a stand for them, sharing who you are through a strengths based lens with others and highlighting what you contribute to a team, committee or project.

It is sustained by visiting with your strengths daily, using them as a touchstone for building your life and your career

Final Word

Life is filled with choices. One of these is the choice of being your greatest fan and ally.

Learn about who you are. Take this opportunity and others to build a new blueprint for your life today and for the future. Learn about your strengths, embrace them, integrate them and begin to live a strengths-based life.

Your asSIGNment

1. Learn about your strengths. If this newsletter has intrigued you, read more about the Lumina Portrait on our website
2. Give yourself the gift of completing a Strengths Assessment. The two we recommend are Lumina Spark or Strengths Finder.

Special Offer:

When you purchase Lumina Spark Full Portrait Coaching Package, available HERE you will receive an additional complementary coaching session with either Betty or Jim Healey, a \$550 value for \$400.

Travel Tip

It is time to re-design your blueprint for life, incorporating strengths as your foundation. No time to waste, why would you live any other way!

Conscious Communication Coaching

Conscious communication is mindfulness. Our coaching clients are experiencing amazing results in their life as they learn to be clear about what they want and to take action in doing and being.

roadSIGNs is dedicated to offering coaching packages and retreat programs based on the principles of Conscious Communication and designed to assist you in living the life of your choice.

Here is what two of our coaching circle participants shared with us recently:
... the nuggets of wisdom that have revealed themselves throughout our short and powerful six weeks (of coaching) will continue to unveil themselves to me and lead to new questions and discoveries.

...The coaching sessions in FROM CRITIC TO COACH have helped me discover how to return to pure energy, to experience the true meaning and purpose of the game I call Life.

Give yourself the gift of coaching. [Contact us](#) to arrange a coaching consultation and explore the options.

Lumina Learning Systems

Learn about your personal preferences and your core qualities/strengths through the Lumina Spark Portrait. This comprehensive psychosocial assessment leads you gently down the path of self-discovery through a unique portrait of who you are and how you show up in different life situations. It is a great starting point in developing your awareness and learning strategies for being resilient.

I have always wanted to learn to mother myself first
but I did not know how to do it.

Lumina has given me the tools to understand
what it is I need to do for myself and how to engage my strengths.
It has opened the door to being coached through my top qualities/strengths.
Monica

Check out the website, www.roadsigns.ca for more information and/or contact betty@roadSIGNs.ca.

Events:

For details regarding any of our upcoming events in 2013 [visit our website](#)



WE2 Network Presentation - Celebrating Your Strengths

An interactive and fun presentation dedicated to YOU and your unique qualities/strengths.

Wednesday, October 9th, 2013, Registration at 7:00 AM

For more details go [HERE](#)

ME FIRST - Tigh Shee

Saturday October 19th, 2013 and Sunday October 20th, 2013

Tigh Shee - North Lancaster, Ontario
For more details go [HERE](#)

Writing as a Practice for Personal Discovery

Writersfest Writing Workshop

Sunday October 27th, 2013 from 12:30 - 2:00 PM
Cornwall Public Library, Cornwall, Ontario

Journaling, recording random thoughts or free flow writing - all writing forms deepen your relationship with self. Writing is an important practice for both self-reflection and self-discovery. In this workshop with Betty Healey, explore the possibilities of writing to understand the most important person in your life, YOU. Learn the essential principles of free form writing as described by Nathalie Goldberg (Writing Down the Bones), have an opportunity to test out your own writing skills, and join in a lively discussion about writing and life.

Lumina Learning Workshop - Tigh Shee

Saturday November 23rd, 2013
For more details go [HERE](#)
Tigh Shee - North Lancaster, Ontario

Your comments and suggestions on this newsletter are greatly appreciated. Forward this e-mail to a friend or colleague who you think would appreciate the message. A simple way is to use the "forward e-mail" button below my signature.

If you would like to sign up for my monthly e-mail, please follow this link

<http://www.roadsigns.ca/newsletters.html>

Sincerely,

Betty Healey
roadSIGN