



Welcome to the first issue of the Inspero eNewsletter. We are excited to share information and ideas with you. Each publication will contain something to inspire you, make you think or challenge you to excel in your life and work.

The entire Inspero team will be contributing so you will see quotes and articles from Bob, Bill, Don, Ryan, Jason, Lisa, Irene and Peggy. We will also include the occasional guest to enlighten us with delicious content.

If you haven't already, please [subscribe](#).

Each publication will be sent via email and available for download from our [website](#).

In this issue:

QOTD - Quote Of The Day
E-motion Explored – “Interested”
POI – Person Of Interest
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See Us Live! – Links to our Live events

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“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart”

-Helen Keller



emotion explored:

Since this is issue #1, let’s explain the point of this section. One of our foundational workshops is [Applied Emotional Intelligence](#). In this workshop we provide explanation and a handout about the variety of emotions available to us that we rarely utilize. Part of developing your own emotional intelligence includes expanding your vocabulary and understanding about emotions and which emotions you may be experiencing at any given time. As you further understand the feelings involved with the emotions you will learn to better deal with and share those emotions. Empowerment is the path to fulfillment. With that introduction let’s get started with our first word: “Interested”

Formally from Merriam Webster – having the attention engaged.

Think about a time that you have been interested in someone or something. When asked, “how do you feel?” did you answer, “interested!”? Probably not. Being interested, as Merriam Webster tells us is the act/emotion of having your attention. In grade school you may have determined this by asking a simple question:

Do you like me?
Circle one:
Yes or No

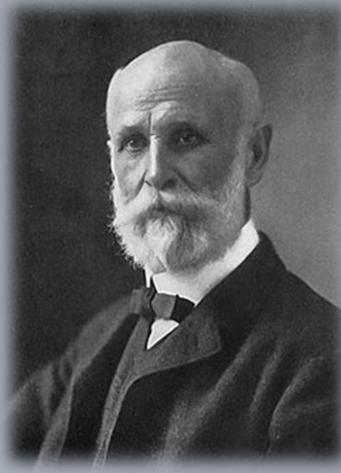
Interested can also apply to a new skill – perhaps you want to learn a new technique in dentistry. It can apply to your conversations with patients – are you interested in what they are saying? This second item is the one we will focus on to finish.

Giving a patient your full attention (being interested) will change the entire experience for that patient. The neuroscience of conversation tells us that when we are fully present with someone else a cascade of neurochemicals enhances the interpersonal experience of that other person. In your office this can mean the difference between a regular dental visit and an exceedingly unique dental visit.



POI:

Get to know...G.V. Black
Greene Vardiman Black was born in 1836 and started his professional dental career around 1864. G.V. researched a variety of areas in dentistry but is most famous for the phrase “extension for prevention” which was a method of tooth preparation meant to fully eliminate the caries and extend into other at-risk areas of the tooth.



Opinion:

Inspero is here to help you succeed – whatever that may look like for you. Don’t hesitate to reach out and see how we might be able to help.

See Us Live!

- [EI – Tampa or Austin](#)
- [ASP – Austin](#)
- NPE – Coming Soon!**