



Can you believe 2020 is halfway over? Is that a cause for celebration for you? If you haven't already you will have time to set courageous goals for you and your team for the remainder of the year.

Rather than focusing on the trials and tribulations of the year so far this issue is going to be about moving forward. Now is the time, if you haven't already, to embrace the reality of your world and develop a plan to thrive.

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QOTD

“The time will come
 When, with elation,
 You will greet yourself arriving
 At your own door, in your own mirror,
 And will smile at the other’s welcome.
 — Derek Walcott, poet

inspero



courtesy of the author

POI:

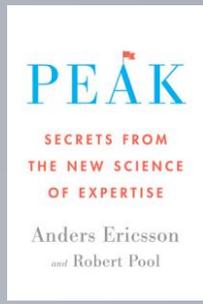
Get to know...Dr. Anders Ericsson

Born in Sweden in 1947, Dr. Ericsson studied human performance and expertise. He became “famous” when Malcolm Gladwell paraphrased his work to publish information about the 10,000 hour rule in 2008. Dr. Ericsson clarified and demystified the concept with his 2015 book, “Peak: Secrets from the New Science of Expertise.”

His research included everything from spelling bee’s to surgical performance in the Operating Room. If you are a human interested in getting better at something his work is required reading.

Dr. Ericsson passed on June 17, 2020 at the age of 72.

<https://psy.fsu.edu/faculty/ericssonk/ericsson.dp.php>



emotion explored:

Delighted

From a root of happiness and joy comes the word and emotion, “delighted.”

Just thinking of this one makes me smile. After smiling I must admit I then thought of the classic orange drink Sunny Delight (which appears to have been shortened to SunnyD at some point).



Delighted – “extreme pleasure,” “great enjoyment.” The examples given online often use it to reference how parents feel about their children. Personally, I’ve been delighted at how our patients have been interested in returning to see us after 8 weeks “off.”

What delights you?

When you think of the word and find examples for yourself what do you notice happening in your body?

Did you smile? Do you feel it elsewhere as a general sense of happiness or well-being? Reach out and let us know!

Once you have explored this take a couple minutes to journal about the things that bring you joy...that create a sense of delight. Keep that handy for reflection anytime you need a pick-me-up!

Learn With Us Live!

EI – Austin November 2020

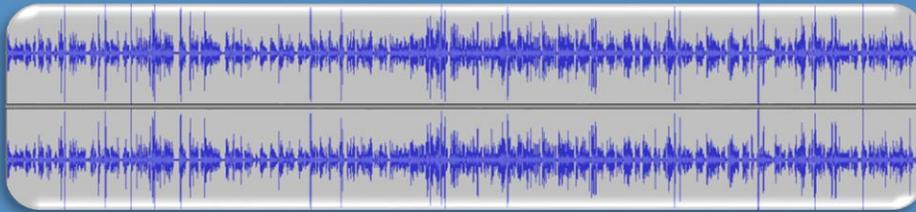




Proven Strategies

Several years ago Bob released a Six Chapter CD Series “guaranteed” to be a valuable learning resource for dentists and teams. The series included detailed information on:

- Recession proofing your practice
- Creating a Transformational Practice
- A Dialogue with master counselor Bill Woodburn
- Principles for helping people choose your best care
- Building a highly committed steward team
- Utilizing Guided Imagery to expand your vision and wellbeing



Click the pic to read more about the Proven Strategies and listen to two audio clips from the series!

The Inspero team was asked to review the series to see if the information was still holding true. Somewhat surprisingly we found that the vast majority of the information was still highly relevant and would be considered a tremendous value for dentists and teams. -Jason

“During a recent four-day auto trip I re-listened to this entire series. The over 100 strategies & how to's that my team and I created over 30 years - described on 6 - 2 hour audios - are as relevant today as ever for a thriving fee for service practice - especially in turbulent times. This remains some of my best work and is foundational in our coaching work.” Bob Frazer, JR., DDS

