

**e bites**

[empower bites]

November 2010 | Issue 1

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Passion is your Power.  
Discover and grow the passion  
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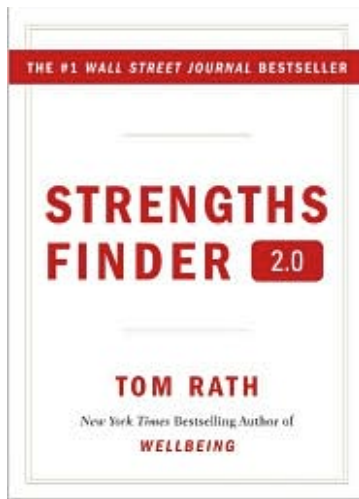
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*When I discovered my passion and mission in life, and embraced them, I began to simplify my life. I began to invest more time in what I considered my top priorities in life: my faith and key relationships. As my measure of success shifted from advancing in my career to fulfilling my mission, I felt peaceful and joyful!*

*Today, as I journey through life, I use all the knowledge, skills and experiences I've gained for the pursuit of a higher purpose. Because I've been empowered, I'm enriched.*



# STRENGTHS FINDER 2.0 by Tom Rath

## POWER BOOKS

*"We've discovered that the most successful people start with dominant talent - and then add skills, knowledge & practice to the mix. When they do this, the raw talent actually serves as a multiplier. Hence, **TALENT** (a natural way of thinking, feeling or behaving) x **INVESTMENT** (time spent practicing, developing skills, building knowledge base) = **STRENGTH** (ability to consistently provide near-perfect performance)."*

Excerpt from Strengths Finder 2.0

Why do I recommend this book?

I believe in the philosophy of this book, and I am a living testimony it works. The very essence of de'POWERinU is that every person has that **innate strength**, which could be a gift or talent, to be discovered, learned, developed, maximized and shared.

You may read more about our mission and values at [www.POWERinU.com.sg](http://www.POWERinU.com.sg). EMPOWER mentoring program is one of the ways we are achieving our mission and values.



## EMPOWERMENT TOOLS

### **“MY PROFESSIONAL DEVELOPMENT PLAN” template**

*“...your passion, your voice – that which energizes your life and gives you your drive. It is the fuel at the heart of vision and discipline. It keeps you at it when everything else may say quit...” by Stephen Covey, author of The 8<sup>th</sup> Habit*

Click link to download for FREE an easy-to-use framework and template that will help you think about, analyze and document your professional development plan.

*Email: [info@powerinu.com.sg](mailto:info@powerinu.com.sg) to request for the link*

The template is made as simple and straightforward as possible, with simple explanations as guide. An important basis for this development plan to work is your self-assessment of your strengths and gaps. Once you have completed the template, you may use it as a guide when discussing with your supervisor/manager your performance appraisal or career development plan. This is about taking charge of/being accountable for your own competency development to make you more effective at work in the short-term and long-term. The support you can get from your manager / company will be a big bonus. If you have any question about this template, email [depowerinu@me.com](mailto:depowerinu@me.com).

*Note: If you are having problems accessing this file, copy and paste the link into your web browser. The link is valid until 28 December 2010.*

## GO AGAINST THE PROCESSION!

By Elaine Cercado

The caterpillar has the instinct to follow in lock step the caterpillar in front of it. French naturalist Jean Henri Fabre in his "The Processionary Caterpillar" experiment showed that this instinct actually led to the caterpillar's death.



People are different from caterpillars as we have the ability to change our direction in life. Unlike the caterpillars, we can choose to stop going "round and round for 7 days" and go for the "food".

Yet in many ways, people are similar to the processionary caterpillars. **We often confuse moving with meaning, and activity with productivity and achievement.** That is why we sometimes end up unhealthy, exhausted, unbalanced and starved in life, literally and figuratively.

Go against the procession. Go for the food. To be able to manage our precious, limited time well, we need to get out of the **"proceession" (the things**

**we do that don't really matter or add value to our mission in life)** at some point in life, and we need to go directly to the **"food" (the important things or that matter most)**. The way to do that is to know what, where, when and how to go for the food

For me, food here represents not just my physical needs to survive. For me, **food actually represents my purpose and mission in life.**

The "mindless" procession is one way to live but I'd die before I even reach the food. Hence, I'd rather simplify, get out of the "processionary" kind of lifestyle and use my time on the things that add value to my mission in life.

It's not easy especially if all others are up in a procession, which could be a stressful busy work life or a certain lifestyle. But once a person is clear about his/her mission in life, I'm very sure priorities would be driven; passion would be focused; the right behavior and the discipline to do the important things would follow. The gift and power of time would be well spent!

*Thanks to Alan Fawcett from whom I first heard about the experiment of the "processionary caterpillar."*

### POWER NOTES

*"...Once a person is clear about his/her mission in life, I'm very sure priorities would be driven; passion would be focused; the right behavior and the discipline to do the important things would follow. The gift and power of time would be well spent!"*

*"POWER - that comes from knowledge, experiences, competencies, skills - is maximized when shared.*

*For me, it is like goodness, joy or love. It's a blessing or gift to be multiplied.*

*I've been empowered and successful...  
By sharing my journey, I hope to multiply the power."*

*Elaine Cercado, 7 January 2009*

## EMPOWER mentoring programs

### W@W (Women at Work)

- Ideal for new / experienced professional women, or working moms, or women who are shifting careers
- Focus is on finding passion & mission, balancing, and empowering self & others

### YP@W (Young Professionals at Work)

- Ideal for new / young professional men & women
- Focus is on career development, networking, time management, stress management and emotional intelligence

### M@W (Managers at Work)

- Ideal for experienced professional men & women who are managing teams, individuals, businesses or projects
- Focus is on developing / managing self, others, work situations and business

## Program options & schedule

- One-to-one or small group mentoring over three to five sessions, depending on agreed focus
- Ideally, one session every week; one session lasts about two hours

To inquire or to book a session, email [info@powerinu.com.sg](mailto:info@powerinu.com.sg) | subject: EMPOWER Mentoring, or call +65 6271 0208.

## e-bites [Empower bites]

A newsletter published by  
de'POWERinU Management Consultants LLP  
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