

Vision Quest
CONSULTING
LEADERSHIP COACHING THOUGHT

Wendy Capland
President

Vision Quest Consulting provides leadership coaching, organizational development consulting, and training to top executives and their teams.

"DEVELOPING TODAY'S LEADERS FOR TOMORROW'S CHALLENGES!"

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DECEMBER 2006 LEADERSHIP COACHING NEWSLETTER

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This Month's Topic: Gratitude

This is a great time of year to show appreciation to those around you both at work and outside of work.

When we show gratitude to the people who do great work or who uplift and inspire us, they feel appreciated and gain a sense of replenishment in their own lives. We can never tell people enough how much we appreciate them and their efforts. It's also good company policy. People are motivated much more by kind words and kindnesses shown than blame or not saying anything because we think they know we appreciate them.

One way I like to show my appreciation this time of year is by making a donation to my favorite charities. I favor charities that give the gift of helping others help themselves. There are many, but here are two of my favorites that do just that:

The Children's Hunger Fund is doing extraordinary work throughout the world. They organize relief efforts locally and internationally. In addition to packages of food, the Children's Hunger Fund makes sure that children get multivitamins every day. These are absolutely lifesaving in some parts of the world, and it allows children to reach their full potential through good nutrition. The organization is extremely well run and financially sound. In fact, \$.99 of every \$1.00 donated goes directly to the children, and their families, who really need it. To find out more about this wonderful organization, to donate, or to volunteer, please [click here](#).

Heifer International is a superb nonprofit organization that works with communities internationally. Their programs help provide families with livestock

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so they can feed their families, earn income, and care for the environment simultaneously. For example, for \$20 you can give a flock of chicks. This flock can live on table scraps, help control insects, and also fertilize the soil. Additionally, one good hen can lay up to 200 eggs per year, enough to both increase a family's protein intake and bring in income. [Click here](#) to purchase one of the many gifts from their catalog and help a family in need for many years to come.

May your holidays be filled with joy and the coming year be overflowing with all the good things in life. And may you touch the lives of all who meet you by the very force of your spirit and love. I am grateful for your readership. Thank you.

Blessings,

Wendy Capland

We offer leadership and executive coaching and consulting to help organizations develop a deep talent bench. We focus on giving good managers tools to use to make them into more effective leaders. Call or email us for more information. 978-692-4454, wcapland@visionquestconsulting.com

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**Leadership Coaching Newsletter is written by Wendy Capland.
Any questions or comments send them to: wcapland@visionquestconsulting.com.**

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