

The Successful Dilettante

from Susan Henderson

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Greetings/News

Welcome!

A warm fuzzy welcome to all you amazing creative multipreneurs.

Thanks for bearing with me in my erratic publishing schedule lately. I have been busy learning, discovering and attaining new insights into what makes us creative multipreneurs tick. It's time to quit chasing more knowledge and start sharing with you.

Featured Video

This gives a whole new meaning to shadow puppets. Prepare to be amazed.

<http://youtube.com/watch?v=3n8gxEwLx0w>

Grab a *TastyBite Coaching for Clarity* session if you who would love a power boost in clarifying where you are headed in the next six months and a 3-stage plan to get there. You will not only come away more motivated and energized, but with your own recording of the call and a written summary in hand for when you get a little wonky and lose your way. **Read some testimonials and catch the special summer price until August 31st.** <http://www.susanhenderson.com/tastybite.html>

Don't forget to friend me on Facebook: <http://profile.to/susanhenderson>

and/or follow me on Twitter: <http://twitter.com/susanchenderson>

Featured Article: ADD & Creative Multipreneurs

Are you a person who has always felt a little different? Do you march to your own drummer? Do you often feel misunderstood? Of course, there is the pressure to settle down, choose one thing and stick with it anthem sung by those who think they have your best interests at heart.

In my nearly ten years of coaching, the majority of clients I attract are 'creative' types who enjoy or desire self-employment at one level or another. As I learned more about what I term 'creative multipreneurs' and defined this way of being in my web content and this ezine, I would receive wonderful emails and phone calls from people telling me how much they identified with what I described.

They felt understood and some hired me to coach them. And sometimes, almost as an afterthought, they would share that they had been diagnosed as ADD (Attention Deficit Disorder) or ADHD (H for Hyperactivity). In order to better understand my clients (and maybe myself), I started reading everything I could get my hands on about ADD in adults

One author in particular, Lynn Weiss, Ph.D., has written several books over the years and has never believed that this way of being is a *disorder*. She believes that ADD is a brainstyle diversity issue and that no one brainstyle is superior or more normal than another. We individuals can figure out from reading a list of ADD attributes to what degree we identify with this brainstyle.

In her book, *Attention Deficit Disorder In Adults: A Different Way of Thinking* (4th revised edition), she states:

"It does not take a rocket scientist to identify ADD characteristics in yourself or in another. Never in my forty years of counseling, child development, and human behavior work have I seen as high a level of accurate self-recognition as I have with Attention Deficit Disorder. If you identify with what you read from a list of attributes of ADD, you can be sure you are a person with an ADD style of brain construction."

"Because there are no exact criteria for ADD, it can't be said that you "have *it*" or you "don't have *it*." Instead you will have more or fewer ADD attributes. Some folks have lots and lots of ADD attributes, while others have almost none. And a whole bunch of people have some ADD attributes and some linear attributes and fall in the middle of a brainstyle. I call these folks 'bridge people.' They are useful at helping people with opposite brainstyles to communicate and work together."

She includes this list of twenty-nine positive attributes of ADD:

1. Sensitive
2. Empathetic with the feelings of others
3. Feels things deeply
4. Creative in nature (including problem solving)
5. Inventive
6. Often sees things from a unique perspective
7. Great at finding things that are lost
8. Perceptually acute
9. Stand-up comic
10. Spontaneous
11. Fun
12. Energetic
13. Open and unsecretive
14. Eager for acceptance and willing to work for it

15. Responsive to positive reinforcement
16. Doesn't harbor resentment
17. Quick to do what one likes to do
18. Difficult to fool
19. Looks past surface appearance to the core of people, situations, and issues
20. Down to earth
21. Good networker
22. Sees unique relationships between people and things
23. Cross-disciplinary and interdisciplinary
24. Less likely to get in a rut or go stale
25. Original, with a sense of humor
26. Observant
27. Loyal
28. Intense when interested in something
29. More likely to do things because they want to than because they *should*, thus often wholehearted in efforts

How many of these positive attributes do you possess? In this article we are taking a peek at ADD in a nonjudgmental way, appreciating a different brainstyle, and seeing how we—with our creative multipreneur traits—may compare.

For a more comprehensive list that includes the challenges of the ADD brainstyle, see the New ADD Assessment Checklist in Appendix A of Lynn Weiss' book mentioned above.

With loving kindness,

Susan



Recommended Resources: 2 blogs and a workshop

Now Squared

According to Now Squared author, JD Stein, "This blog is about living in the present. Not the mediocre present where bland meals are partaken safely within the walls of tiny apartments, but the leading edge of the present — that thin line that separates the now from the unpredictable future." Great articles that make you go aaahhh.
<http://www.nowsquared.com>

Join the Blogversation

Are you new to blogging and want a better understanding of what they are all about before jumping on the bandwagon? The ever lively and entertaining Catherine Behan has recently created a blog to help you overcome blog fright so that you, too, will soon be leaving comments on blogs you visit and may even feel compelled to start a blog of your own.
<http://jointheblogversation.wordpress.com>

Taming the Wild Project List

A workshop by Do Mi Stauber

Do you juggle multiple interests as well as professional commitments and family responsibilities? Are wonderful projects lying around your house waiting to be completed? Do you wake in the night with visions for yet more new creations? Then this workshop is for you!

Popular workshop presenter Do Mi Stauber (a creative multipreneur herself) has found a combination of organizing tools that enables her to excel in many areas of her multifaceted life. This participatory workshop will provide you with a toolkit for managing daily tasks, deadlines, multiple ongoing projects, and creative new ideas.

Saturday, September 20, 2008

Six hours, Lunch provided

Eugene, Oregon

Sliding scale: \$80-\$150. Full payment in advance required.

Optional informal evening gathering

For further information or to register, contact Do Mi Stauber at: (541) 461-4570 or [**dmstauber@gmail.com**](mailto:dmstauber@gmail.com)

What Can Susan Henderson Coaching Do For You?

Put Me In Coach... I'm Ready to Play!

I currently have openings for a couple of one-on-one clients who are ready to play a bigger game. If results are important to you, I invite you to contact me. We can chat awhile to learn if I am the right coach for you and you are the right client for me.

The DIY Mastermind Group: Insider Secrets to Creating a Successful Mastermind Group of Your Own ebook (by yours truly) is available on my website at [**http://tinyurl.com/2nyuhs**](http://tinyurl.com/2nyuhs). Catch the summer sale for **30% off!**

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