

Set Your Sail with Perception Coaching

Talents in Mind

Look at your most recent success; how did your talents contribute?

Reflection pages 2-4 focus on seeing talent growth in action!



**AWARE
EMPOWERED
FOCUSED**

TALENT EXPLORATION

@perceptivate

Our unique talents support us

Which talents naturally help you?

Consider these areas:

- well-being
- relationships
- productivity
- leading others
- innovation
- collaboration

Talent Growth

You have always had talent!

Think about your early success stories in school and other activities. What did your talent look like?

How has that talent grown?

Consider a recent success story from work or other activities. How do you now use and manage the talent you have always had?

Awareness that your talents grow will empower you to take on your next adventure!

The nature versus nurture debate continues regarding many human attributes, from beliefs to preferences.

Regardless of how our talents became our preferred ways of doing things, it is empowering to see that they develop, continuing to grow to meet our ever-changing needs!

WHAT ABOUT EARLY TALENTS?



Describe an interruption or shift related to one of your talents. How do you use the talent now?

I experienced early academic success in grade school and took my bookish talent for granted. Later, lack of effort created knowledge gaps and frustration. When I re-focused on learning, that talent supported an academic comeback, and 13 years after high school graduation I finished my first college degree. Now I like to focus on learning strategies!



A talent is a pattern of doing, thinking, or relating, which comes naturally.

WHEN HAVE YOU HAD TO TAME A TALENT?

Overused talent

I enjoy sharing my opinion!

Sometimes I identify needs and solve problems that are not mine.

My ideas get in the way, and interfere with the people around me and this creates tension!

ASK YOURSELF
When may I be
calling on the
wrong talent?

To tame it, I strive to learn the perspective of others, to shift from problem-solving mode to learning mode. This lessens the likelihood my confidence will derail others.

Always a work in progress!

We support your organization's
efforts to see talents at work!
perceptioncoaching.org

