

Playing to Your Strengths



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Playing to Your Strengths



- Entrepreneur in Residence – University of Westminster
- We Are the City Rising Star – 2017
- Freeman – Guild of Entrepreneurs – City of London
- Brummell Top 30 City Innovator 2016
- Rocking Ur Teens 2015
- APCTC Women's Coach of the Year 2014
- LinkedIn Top 10 Power Woman 2013
- Author Rocking Your Role 2012
- Business started 2006



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Today session

- An exercise to reveal your hidden strengths
- Strategies to overcome your weaknesses
- The key to making your strengths work for you



Playing to Your Strengths

At work, do you have the opportunity to do what you do best everyday?



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Playing to Your Strengths

More than just things that you are
good at, they ...

- Energise us
- Aid personal growth
- Lead to Peak Performance



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LIVING IN

the Paris, you

Playing to Your Strengths

If your manager mostly ignores you, what are the chances of you being actively disengaged? 40%

If your manager mostly focuses on your weakness, what are the chances of you being actively disengaged? 22%

If your manager mostly focuses on your strengths, what are the chances of you being actively disengaged? 1%



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Strengths Coaching

Think of a personal ‘Sparkling Moment’ at work over the past few months – a time when you felt very good about being there or about work you were doing.



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Playing to Your Strengths

Prompts (Take notes)

How come? What was it about those moments that made them sparkle for you?

What are you most pleased to remember about yourself at that moment?

What might others have made of you at that moment had they noticed?

Who would notice the changes?

What would they see?

Who else? What else? What else?

Playing to Your Strengths

Affirms

Based on what your partner has just said...

Reflect on what you now know about their excellent qualities, skills and resources as a person – think for a moment.

Then tell them and wait for them to say ‘Thank You’

Appreciations

“I can live two months on a good compliment!” - Mark Twain



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Actions

Choose a small action that will increase the likelihood of more Sparkling moments happening at work in the following days and weeks.

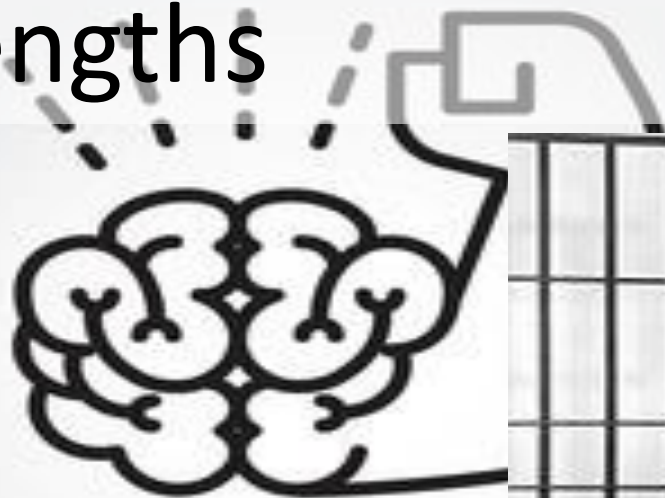
Make sure the action is small and specific





gths

Strengths



WILL
POWER



Outcome

Support



Creating Value

- E.g. Being focused
- Being focused to achieve so that you are not distracted and always meet tight deadlines
- Being focused on the outcomes so that you surpass the needs of your stakeholders





What about weaknesses?

Playing to Your Strengths

Top Tips

Develop your strengths further

Apply your strengths to your existing role

Find new things to do with your strengths

Cope with weaknesses by using your strengths (or partnering)

Expand other's awareness of your strengths



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Resources

- VIA Strengths www.viacharacter.org
- Myers Briggs Type Indicator (MBTI)
- Coaching
- The Happenista Project
- The Art of Self Promotion Videos



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