

Workshop: Talents

Talents	My 3 Energy Enhancers
1)	1)  2)  3)
2)	
3)	
4)	
5)	

1. On the right side list 3 things that give you energy (Your Energy Enhancers) in your work and briefly describe them.
2. On the left side write the 5 Talents from your assessment results.
3. Explore any correlations between your Energy Enhancers and your Talents; draw lines to indicate any connections.
4. Briefly explain to your colleague how you interpret each talent and provide an example of how you use them.
5. Think about previous feedback that you have received from your manager, peers, subordinate, or other important stakeholders. What one or two development areas keep coming up?

- \_\_\_\_\_
- \_\_\_\_\_

6. How do your Talents correlate with the feedback (overusing/over-relying?)

- \_\_\_\_\_
- \_\_\_\_\_

7. How can you utilize your Talents and Needs to support your development?

- \_\_\_\_\_
- \_\_\_\_\_