

Workshop: Talents

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

1. On the right list 3 things that give you energy (Your Energy Enhancers).
2. On the left write the 5 Talents from your PinPointer results.
3. Explore any correlations between your Energy Enhancers and your Talents.
4. What talents give you the most energy? How might you put those more into play toward your objective??
5. Recall previous feedback that you have received from your manager, peers, subordinates, or other important stakeholders. What one or two development areas keep coming up?
6. How do your Talents correlate with that feedback (overusing/over-relying?)
7. What actions might you take as a result of your learnings from this exercise?

Join your fellow UPschool members at an upcoming live coaching on Talents to explore this topic further.