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Exercise to identify your energising strengths

An energising strength is something you enjoy, something you're good at, and something that gives you a real boost – so something you seek out and do regularly. When you use them you feel more confident and resilient.

Ideally your job would give you the opportunity to use these strengths regularly. When you have a job that doesn't tap into them, you are likely to find it more draining, even if they are things you can do well.

These questions will help you identify some of your energising strengths. Reflect and write down:

- When has time flown by?

- When have you finished a day buzzing and energised?

- What do your friends say you are good at?

- What do people come to you for?

- When are you at your happiest?

Look at what you have written down for your answers.

What are the common themes?

What stands out to you?

Are you getting the chance to use these strengths currently?

Which of these would you like to use more?

If you would like to explore your strengths in more depth ask me about the online Strengths Profile questionnaire.