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The Recruitment Coach

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. 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? What were you doing?

- When have you finished a workday buzzing and energised?

- What do people come to you for, that you are happy to help them with?

- What activities are you doing when you are at your happiest at work?

Look at what you have written down for your answers above.

What do the activities you are good at and energised by have in common? It is likely that you will be using your strengths when doing these.

Are you getting the chance to use these strengths currently?

Which of these would you like to use more?

Are there any changes you would like to make?

If you would like to explore your strengths in more depth you may be interested in my [Super Strengths Coaching Programme](#)

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