

How to focus on your strengths & excel.

_For you, if...

Manage people and want to focus on strengths

You like to discover your own unique leadership style & inspire others

Try This! _Quickies

5min

Make a choice: Focus or Expand?

When it comes to developing yourself as a person and in your professional role, you will have to make a decision whether you want to become better at what you already know (building on your strengths), or if you would like to expand your comfort zone (step into new areas).

For a quick start, choose a category:

Executive	Achiever, Arranger, Belief, Consistency, Deliverer, Discipline, Focus, Responsibility and Restorative
Influencing	Activator, Command, Communication, Competition, Maximizer, Self-Assurance, Significance and Woo
Relationship Building	Adaptability, Developer, Connectedness, Empathy, Harmony, Includer, Individualization, Positivity and Relator
Strategic	Analytical, Context, Futuristic, Ideation, Input, Intellection, Learner and Strategic

....then decide if you need to Focus or Expand on this! Use the tools already available to you, or...

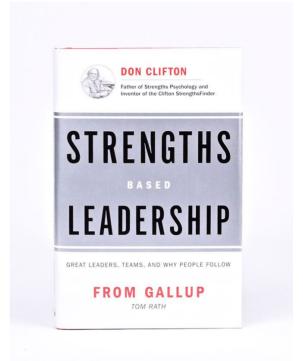


_Take it further!

10min

We highly recommend to read the book "**Strength Based Leadership"** by Tom Rath & Barry Conchie.

You can also check out the <u>webpage</u> and do the online assessment there. It's not free, yet profound. Once you have a better understanding, you can then choose a Coach or Mentor to deepen the learning and step up your Game!



Your TakeAways

_What do you know now?



Let me know how you are getting on!

For more advice and solutions check our <u>worksheets online</u>, and watch some videos from our **Bounce Back Video Series**.



For a quick read & tools, our *Ebook Bounce Back*, available by subscription or on <u>Amazon</u>.

