

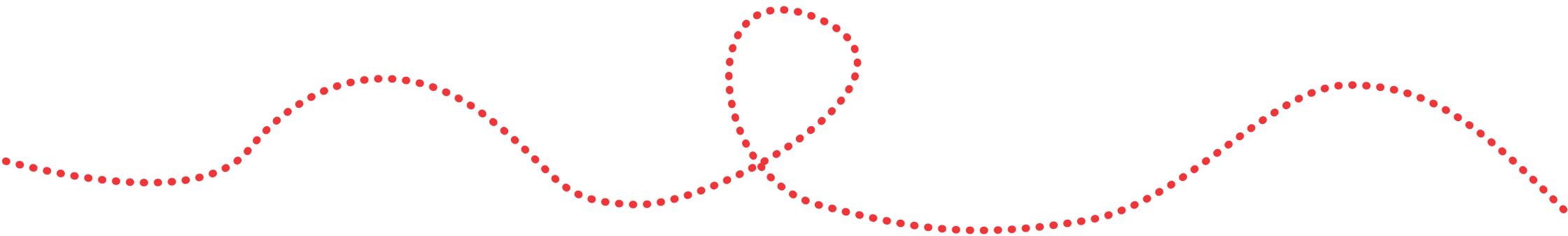
Heartbeat

Connecting health and care communities



Strengths - Know Thyself

3 February 2022



Today

- The art of self-awareness
- Exploring your motivations and strengths
- Explaining the ways that strengths can be overdone/underdone and exploring what changes can be made in order to be at your best, more of the time



Our agreements

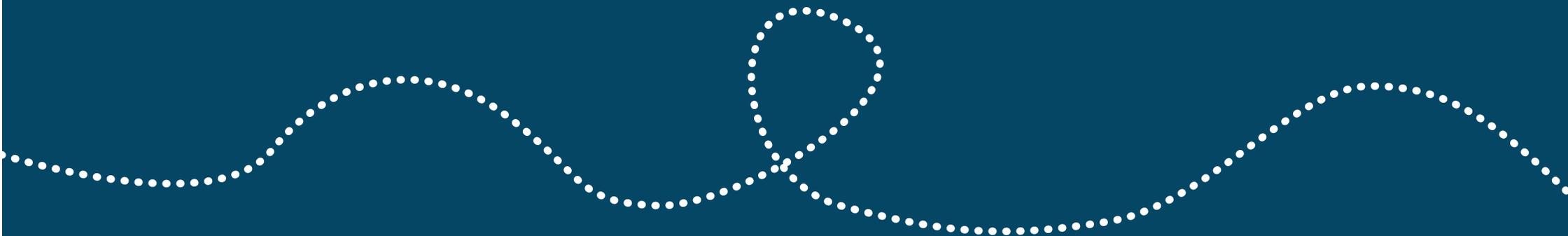
- Keeping video cameras on
- Turning phones or other messaging platforms onto silent or off
- Commitment to participate
- Confidentiality and permissions to share



"This above all: to thine own self be true and it must follow, as the night the day, thou canst not then be false to any man" William Shakespeare

"To know thyself is the beginning of wisdom"
Socrates

" Learn to know yourself.. to search realistically and regularly the processes of your own mind and feelings" Nelson Mandela



What is self and how do we understand it?

- Freud divided the psyche into three parts: the id, the ego and the super-ego
- Psychology, religion, philosophy or you?
- The voice inside your head – making you feel better or worse about what is happening now, in the past or what might go on in the future
- The commotion the mind makes about life that really causes the problems
- Energy builds within and then is released through speaking
- You re-create the world within your mind because you can control your mind whereas you can't control the world
- True personal growth is about transcending the part of you that is not okay and needs protection. Coming to know the one who watches the voice.



Understanding Strengths

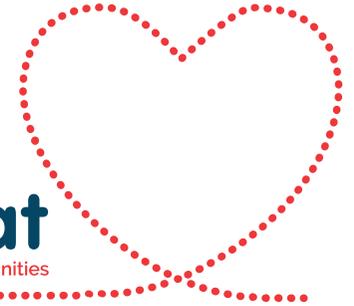


- Strengths are positive personality traits. These include knowledge, proficiencies, skills, and talents.
- People use their traits and abilities to complete work, relate with others, and achieve goals.

Common examples of personal strengths

- | | | | | |
|---------------------|------------------------|----------------------|-----------------------|----------------------------|
| Adaptable | Cooperative | Healthy | Observant | Reliable |
| Agile | Courteous | Honest | Optimistic | Research |
| Analysis | Creative | Humble | Organized | Resourceful |
| Articulate | Critical Thinking | Industry Connections | Original | Self Direction |
| Artistic | Customer Service | Influencing | Outgoing | Self Starter |
| Authentic | Debate | Inspired | Passionate | Stable |
| Bias for Action | Decision Making | Intelligent | People Person | Storytelling |
| Big picture Thinker | Dependable | Interpersonal Skills | Persistent | Strategic Thinking |
| Brave | Design | Inventive | Personal Presence | Systems Thinking |
| Building Raport | Design Thinking | Kind | Personal Resilience | Taking Calculated |
| Business Acumen | Detail Oriented | Knowledgeable | Planning | Risks |
| Calm | Diligence | Languages | Playful | Technical Skills |
| Candid | Direct Discipline | Leadership | Positive | Time Management |
| Capable | Emotional Intelligence | Listening | Practical | Tireless |
| Challenging | Energetic | Lively | Pragmatic | Tolerance for Disagreement |
| Assumptions | Experienced | Logical | Principled | Trustworthy |
| Cheerful | Fit | Loyal | Problem Solving | Unassuming |
| Closing Sales | Flexibility | Management | Productive | Unbiased |
| Coding | Friendly | Managing Risk | Public Speaking | Vigilant |
| Communication | Generous | Mathematical | Rational | Visual Thinking |
| Competitive | Goal Oriented | Motivated | Realistic | Vocal |
| Confident | Grounded | Negotiation | Reasonable | Warm |
| Constructive | Handling Criticism | Networking | Relationship Building | Win-win Thinking |





Identifying strength and motivations

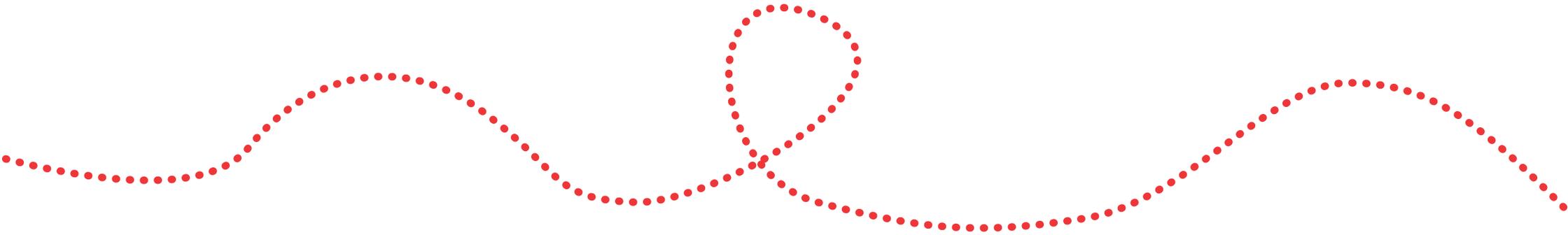
- A hallmark of strengths is “energy.” When we use our strengths, we feel energised and engaged.
- Activities that rely on our strengths are enjoyable and feel as if our energy levels are being raised.
- In contrast, using weaknesses drains us. When we operate from our weaknesses, we feel negativity, disengagement, and lack of motivation.
- Activities that rely on our weaknesses feel as if our energy levels are being drained.

Strengths Exercise

Reflect on this past week and think of the top 3-5 activities that you:

- genuinely enjoy doing
- make you feel energised
- make you forget the time
- you look forward to
- you can do well even under conditions of stress or fatigue

What strengths are you using within these activities?



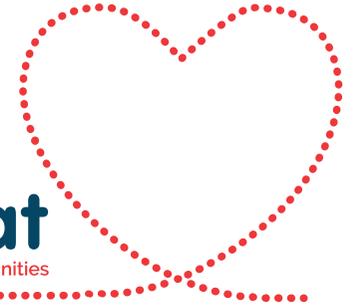
Underuse and overuse of strengths – self regulation

- Our strengths reflect our capacity for thinking, feeling, and behaving in ways that facilitate the pursuit of valued outcomes.
- Strengths can be underused or overused, and this misuse leads to negative functioning. Finding a balance between the underuse and overuse of our strengths to achieve their optimal use.
- Optimal strength use is also referred to as the “golden mean,” and you achieve the golden mean through strength regulation.
- Our context and needs at a given moment in time influence our ability to use our strengths optimally.



Exercise – turning up and down the dial

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1. Select a strength each

- Can you think of an example when you overplayed this strength?
- What did you do? (what did over playing this strength look like?)
- What were the consequences?
- Can you think of an example when you underplayed this strength?
- What did you do? (what did underplaying this strength look like?)
- What were the consequences?
- Can you think of an example when you optimally used this strength or if not what would the optimal use of this look like?
- What was or what would be the outcome?

2. Reflection

- Do you tend to misuse this strength in your day-to-day life?
- If so, is your tendency to overuse or underuse it?
- What triggers you to misuse this strength?
- What could you do to use this strength more optimally in the future?



Life, an adventure of self-discovery

- The more we can be an observer of our mind and self, the more freedom you create
- Understanding our strengths and how we use or misuse them fosters us to be more at our best, more of time
- Enjoy it, life is an adventure!

