

EXAMPLE: My Talent and Strengths Grid

From “Developing Strengths-Based Project Teams” book

Talent Theme	Talent My Specific Talent	+ Investment: My Specific Talent Investments	Knowledge Experiences Skills Practice = Strength My Specific Strength	Ways I Use/Could Use this Specific Strength
Communication®	I enjoy writing and telling stories to express my thoughts, feelings, or ideas.	<p>Skills: I want to invest in various ways to continuously improve and refine my words that captivates the attention of others.</p> <p>Conceptual Knowledge: Become skillful in being the best storyteller that I can be in communicating my message that inspires others to listen, learn, act, or decide.</p> <p>Practice: Ensure that my words matter. Practice choosing my words carefully. Know that words have an impact – positive (supportive) or negative (resisting). Be intentional that each message is meaningful. Take time to let others tell their story so that I can learn from them.</p> <p><i>Further invest-in/develop strength:</i></p> <p>Experience: Grow my experience to be more attentive to my audience’s reaction and feedback -- to improve my communication for greater understanding.</p>	My strength is my ability to present and inspire. I do this by giving interactive presentations that are engaging and inspiring.	I use this strength by being a conversationalist: I reach out to others, to know my audience, and engage in conversation – turning thoughts and ideas into words. I work with students in the classroom or help my colleagues in the workplace.