

Who Am I?

This activity helps you to state your core talents. This is highly useful for influencing your work progression and finding focus in what you are doing.

You will be stating your Identity, Gift and Purpose very succinctly. This can have many uses – it is a form of elevator speech if someone asks you to tell them about yourself. Rather than mumble some basic facts, it helps you get straight to what you are good at. When I coach people, I use this activity to help people cut through the large volume of words we use and get straight to the essence of what they do well at work. Once you have written this for yourself and you are happy with it, you might want to make a poster of it and hang it on your wall. **Identity** – who are you in three words; choose three qualities that describe how you do your work.

Uniqueness – in one to three words, a statement of your unique talent.

Purpose – in one sentence take a broad view of the meaning of your work and what you are here to do.

Use this as a sort of mission statement everyday so that you can allow yourself to be in charge of your own work life. Here are some examples:

Geetu: Who I am is someone who is authentic, pioneering and challenging; my gift is insight. My purpose is to help people evolve.

Anabelle (a project manager): Who I am is someone who is caring, organised and intelligent. My gift is building processes that work; my purpose is to make the organisation function effectively.

You may wish to validate your self-perceptions by seeking out feedback from others.

On the next page is a template for a poster so you display this close to your place of work.

You can also complete a 360-degree assessment, where you nominate up to 10 people to provide you with feedback (this resource has a small charge associated with it, go to www.eiworld.org/emotionalresilience)

WHO I AM

Identity: I am someone who is...

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Uniqueness: My gift is.....

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Purpose: My purpose is to.....

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