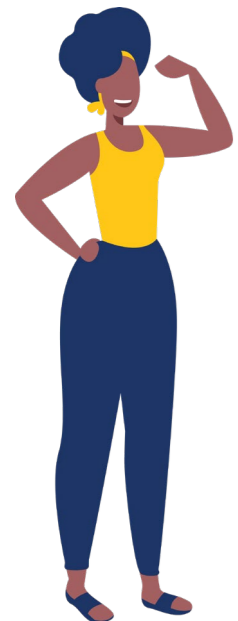


Self Development
While Working Remotely

FOCUS ON STRENGTHS

How are you maintaining your competitive edge during this pandemic? Do you know how you most add value to the organisation? Focus on your strengths to continue to excel while working from home.

“Each of us can use our own strengths every day. The simplest start is to reflect about what is right about me (my strengths), rather than fixating on what is wrong with me (my weaknesses). - Donald Clifton | Chairman of Gallup



People who know and use their strengths are

6x As likely to be **more productive** in their roles

6x As likely to be **more engaged** at work

3x As likely to be **happier and healthier**

Source: Gallup

WORLDWIDE REACH. HUMAN TOUCH.

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KNOW YOUR STRENGTHS

Below are a few questions that will help you reflect and identify your areas of strength



Of all the things you do well, what do you do best? What do you get praised for most of the time? What have people told you that you are really good at?



What kinds of activities are you naturally drawn to? What activities energize you vs what activities frustrate or drain you?



What kinds of activities do you seem to pick up quickly vs what kinds of activities take longer for you to master, even when you know all of the steps?



In what activities do you seem to automatically know the steps to be taken?



During what activities have you had moments of subconscious excellence, when you thought, “How did I do that?”



What activities give you a kick, either while doing them or immediately after finishing, and you think, “When can I do that again?”

Contact our Medical Experts and/or Business Development Managers for guidance on how to introduce these tips to your workforce.

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DEVELOP YOUR STRENGTHS

Now that you have identified your strengths, the next step is to development them

1

Identify and categorise your strengths into groups, so that you have a clear focus on what you want to develop further

2

Discuss with your manager about how you both can appreciate and apply your strengths in achieving business deliverables

3

Deliberately practice your strengths in complex situations or problem solving. Reflect back on past achievements and identify your unique individual strengths or set of strengths that contributed to your success. Then try to replicate the use of these strengths in the current challenge that you are facing

4

Connect with colleagues who share similar strengths and learn from each other by exchanging your individual best practices.

5

Actively search for ways to utilise your strengths during tasks and activities where you are not currently using them.

Get additional support to develop your strengths

Visit Gallup Strength Finder

Sign up for “Exploring your strengths” virtual workshop – internal only