**Finding Your Passion and Strengths Coaching Tool**

Part A is an example of how to use the Coaching Tool to change your life. Part B is left blank for you to reflect on what you can do to find your passion and strength as well as continuing to engage in your strengths.

**A. Finding Your Passion and Strengths Coaching Tool**

List out your five (5) greatest passion and strengths (it can be a job, task, professional achievement, praise received) you have taken which added value to people. How would you focus on doing more of these things?

|  |  |
| --- | --- |
| **My Passions and Strengths** | **To Do More** |
| 1. *I enjoyed completing an online course on becoming a successful mentor and am certified to be a mentor in my organisation.* | 1. *Continue to hone my skills and increase my knowledge in mentoring by reading more books, taking mentoring courses and attending workshops on mentoring.*  |
| 2. *I have successfully mentored a few of my direct reports and they have since been promoted to become senior managers within the organisation.* | 2. *I should set aside more time for mentoring and mentoring more of the people who report to me directly so that we can grow and develop together.* |
| 3. *I have used my experience and success in mentoring to develop a mentoring system for the company.* | 3. *To continuously ensure the mentoring system is delivering results which benefit not only the organization but also those who are being mentored.* |
| 4. *I have been told by my colleagues and family members that I am a good listener. They tell me I can be a good sounding board for those seeking a listening ear.* | 4. *I should develop more reservoirs of patience when people seek me for help. I should also continue to cultivate a kinder outlook on life to be able to better see the good in people.* |
| 5. *I received a recommendation from the management board on my recent research article which I enjoyed writing.* | 5. *I will continue to hone my writing skills by through writing newsletters, learning materials and books to inspire more people.* |

**B. Finding Your Passion and Strengths Coaching Tool**

Name: Date:

|  |  |
| --- | --- |
| **My Passions and Strengths** | **To Do More** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |