

STRENGTHS ON OVERDRIVE



Driving your business forward



Our strengths are our biggest assets. Sometimes they can become an issue if we overdo them. For example, someone who is good at analysing situations might sometimes overanalyse, resulting in others feeling that they are picking things apart too much. This can come across as being over the top negative.

This week, we'll take a look at which of your strengths you might sometimes overdo. It's useful to know so that you keep your strengths in the 'right spot' and can avoid the negative consequences of overplaying them.



Exercise 1

Look back at your strengths and motivations from previous week's exercises.

Think about whether you sometimes overdo these in a way that has a negative impact on yourself or other people and make a note of this.

Strength (including motivations)	What can happen when I overdo this strength?
Example – Honesty Drive	I am too blunt with what I say People feel as if I am overbearing to them because I push too hard to get things done



