

RECOGNIZE YOUR STRENGTHS

By Janiene Chand

Take a moment to acknowledge your strengths.

Was that easy to do? Or did you find it difficult?

For most of us, it is much easier to identify our weaknesses and a challenge to name our strengths. I know this was the case for me and many people I have worked with over the years.

Often when I work with clients and ask a simple question about their strengths, they are stumped. They find it easier to discuss areas they need to improve upon, and need help realizing their own strengths.

Recognizing our weaknesses can be helpful as it gives us insight so that we can learn and grow, but it should not be the focus. Shining a light on our strengths provides opportunities to excel and succeed while feeling happy in ourselves.

Before I began coaching, I had not taken the time to truly sit down and uncover my strengths – I felt like I already knew what they were so why take out time from my busy life to really understand them, right?

Once I began the program to become certified as a professional coach, I started to gain clarity around my strengths. It was only then that I realized that my core strengths had always been present but I had never been able to acknowledge them for what they were: compassion, empathy, active listening, and clear communication. These were my unrealized and underutilized strengths.

Once I had identified and articulated these strengths, I began to apply them and improve upon them in ways I had not thought to do before in my career due to a lack of awareness.

Our strengths are amongst our greatest assets (our powers!). They are our unique skills, qualities, and characteristics that make us shine. By discovering our strengths, we can leverage them to progress in our careers and set goals that help us thrive.

Playing to our strengths is a great way to do what we do best every day and feel confident in our abilities.

Ready to uncover your strengths? Get started by asking yourself the following questions:

- What do your family, friends and colleagues recognize as your strengths?
- Where could you apply these strengths to really make a difference?



About the Author

Janiene Chand is a lawyer turned certified professional coach who works with legal professionals and paraprofessionals. Prior to becoming a coach, she worked in the legal field for over 12 years in various capacities. Her diverse experience gives her a unique understanding of the different role perspectives and team dynamics within law firms. Connect with her on [LinkedIn](#) to find out more.