Welcome
To the workshop
Know your talents!
What is a talent?

• I dreamed a dream
1. Unit of mass of gold or silver

2. Aptitude: a component of a competency to do a certain kind of work. Outstanding aptitude can be considered "talent".

3. A gifted person
Welcome

• Karen de Boer
• NHL Hogeschool of applied sciences
• The Netherlands

• Teacher Trainer,
• Team Leader Biology, Science and Physics

• Achiever, Learner,
Who are you?
What are the things you can do best?

• Use your hand and your fingers
• Tell something about yourself:
  – What are the things you do very good?
  – What are your goals?
  – What dragons are standing between you and your goals?
  – What are your values?
  – What makes you feel tiny?
Whom of you has a talent?

You all have talents

Yes, you too!
You have lots of talents

1. Achiever
2. Activator
3. Adaptability
4. Analytical
5. Arranger
6. Belief
7. Command
8. Communication
9. Competition
10. Connectedness
11. Consistency
12. Context
13. Deliberative
14. Developer
15. Discipline
16. Empathy
17. Focus
18. Futuristic
19. Harmony
20. Ideation
21. Includer
22. Individualization
23. Input
24. Intellection
25. Learner
26. Maximizer
27. Positivity
28. Relator
29. Responsibility
30. Restorative
31. Self-Assurance
32. Significance
33. Strategic
34. Woo
35. ...
36. ...
37. ...

Pick three talents you feel that fits best
**Talents (strengths) finder** – **workshop F4, Saturday 11.45-12.45**
Presenter: drs. Karen de Boer, NHL University of applied Sciences, Leeuwarden, the Netherlands

Name:

**How to use this form:**
1. Choose the five talents you recognize most. Number them from 1 to 5 (1 = most applicable, 2 = second most applicable etc.) and fill the last column.
2. Fold this paper lengthwise, so nobody can see what talents you choose for yourself in the last column.
3. Ask three persons to choose five talents they see in you most. Before you ask the next person fold this paper. By folding this paper nobody get influenced by the results you already got.
4. Evaluate the choices you made yourself and the choices other people made for you. Fill in the first column: Self - end.

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When is something a talent?

- **Learn fast:** if you use your talents you learn fast
- **Authentic:** using your talent feels like: ‘yes, I do this in my way, this fits to me’
- **Enthusiasm:** you feel fine and enthusiastic using your talents.
- **Engaged:** when you use your talents you feel engaged
- **Energetic:** it is fun using your talents, you feel strong

- **Above all:** Talents are very common especially to yourself.
  Your talents are so common to you that they don’t feel special. Most of the time you need other people to tell you that you are talented.
Explore talents – *Tableau vivant*

- Find someone who shares at least one talent with you (or groups of 3-4)
- Choose one talent and make a *tableau vivant* representing this talent
Explore your talents – speeddate

• Do an interview with your neighbour(s):
  – Describe your talent in your own words
  – If you would choose a picture of your talent, what would it be?
  – In what situations did you use your talent?
Explore your talents – profile page
Leergierig

Vasthouden

Betrouwbaar

Handig

Optimistisch
What are the things you want to do in life?

• Groups of three
• Make a (bucket) list: a list of (some of your) dreams and wishes.
• It is ok when those dreams or wishes are (very) small.

A job you want to do?
A place to visit?
A person to meet?
A dish to eat?
A problem to solve?
A sports prestation?
Something to dare?
A travel to make?
A person to make up with?
People to work with?
A skill to master?

To understand something?
A group to belong to?
To know something?
To explore something?
A risk to take?
To make a certain amount of money?
A certificate to hold?
A talent to strengthen?
Taking care of someone or something?
To prove something?
To involve with something?
Outcome model
Choose your goals

- Choose a short, mid term and long term goal
- Explore one of your goals:
  - Use the outcome model
Know your talents – program

1. What are your talents?
   - talent test: www.talent-assessment.nl; strengthsfinder; free aptitude tests; there are much more sites
   - ask your family, friends, etc.

2. Explore (your) talents and recognise them in your past behaviour
   - Tableau vivant, pictionary, talent hunts
   - interviews
   - Profile page etc.

3. What are your goals?
   - bucket list, etc.

4. How can your talents help you reaching your goals?
   - Outcome model
   - Coaching, planning skills
   - Develop strengths
Know your talents – time schedule and groups

- Talent training can be used individually or in groups, from 10 years up.
- Depending on the group and the situation you can spend more or less time and more or less activities on each program stage.
- Feel free to adapt the program to your own wishes.

- More information for example:
  - http://www.talentenwijzer.com/ (in Dutch)
  - http://www.talent-assessment.nl/
Knowing your talents...

- make you feel more joyfull, powerfull and energetic.

- can help you to manage your emotions and feelings

- can help you to achieve your goals faster, easier, and with more pleasure
happy teachers will change the world