

How and where to show your strengths



Think about what your personal strengths are. How have you mastered difficult situations so far with them? Which of your character traits have helped you to solve different situations?

My strengths:

Knowing your own strengths as well analyzing characteristics where more support is needed can help you to strengthen your personality. It is not always easy to figure out your strengths. Take a look at page 2 for a story that could help you develop your strengths!

Think on your own or with others about how to use your strengths in during the mentoring process.

How can I contribute my strengths?

How and where to show your strengths



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The Penguin Story or “How to feel being in its element”

by ECKART VON HIRSCHHAUSEN

This story actually happened to me. I went to a Norwegian zoo. And there I saw a penguin standing on his rock. I felt pity for it: "Do you have to wear tuxedos too? Where is your waist?" And most importantly, "has God forgotten about your knees?" My judgment was fixed: "Misconstruction". Then again, I saw through a glass pane in the pool of penguins. "My" penguin jumped into the water, swam close to my face. Anyone who has ever seen penguins under water there is nothing more to tell. He was in his element! A penguin is ten times more streamlined than a Porsche! With a liter of fuel, a penguin could reach over 2,500 km! They are excellent swimmers, hunters, water dancers! And I thought, "Misconstruction!" This observation taught me two things. First, how fast I often judge, and how I can be completely wrong with it. And secondly, how important the environment is, whether what you can do well comes into play at all. We all have our strengths, we all have our weaknesses. Many of them are eternally trying to get rid of muck. If you improve your weaknesses, you become maximally mediocre. Building upon your strengths will make you unique. And who is not like the others is confident: Don't be one of many; just be you! People rarely change completely and fundamentally. If you were born as a penguin, seven years of psychotherapy will not make you a giraffe. If you know you're a penguin, look around where you are. If you realize that you have been in the desert for a long time, it's not just you, if it does not "fluff". All it takes are small steps in the direction of your element. So, do not hesitate: Do not stay as a penguin in the steppe and find your water. And then: Spring! And swim! And you will know how it is to be in your element.

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Mentoring

Intercultural

GEFÖRDERT VOM



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