



# Spotlight Your Brilliance

## Coaching Session 1

### **Knowing Your Brilliance**

Clarifying your self-image. Ask yourself about:

- Your strengths
- The unique value you bring
- Your personality type
- Your best qualities

Take those same questions, create a safe conversation, and ask your family, friends, business associates, and acquaintances:

- What do you think are my strengths?
- What do you think is the unique value I bring?
- How would you describe my personality type?
- What do you think are my best qualities?

Now consider these questions about yourself:

- Why do your clients like to work with you?
- What do people value about you and your work?
- Why do your friends like being with you?
- What does your family most appreciate about you?
- What do people love about you?