



Discovering your Blind Spot

Why do our strengths often bring with them blind spots?

- Predisposed
- It's what makes us good
- When we only have a _____ things often appear as a _____.
 - Our minds are _____ recognition software
 - We see a pattern and try to solve it with what we know and what we have.
 - Our strengths can often be misused.

We can be a:

- High achiever, but unable to enjoy the moment
- High adaptable, but lack structure and consistency
- Empathetic, but lack personal boundaries
- Energetic, but restless and anxious

These are all examples, but may or may not relate to you.

So how do you identify your blind spot?

- In what situations are you a pain in the ass?
- When are you _____ out of position?

It takes a high level of self-assessment to find blind spots.

- _____ you have blind spots.
- Use a _____ around you for feedback.
- Be receptive to feedback, not critical.
- Pride and inhibits our ability for empathy and growth.
- Understand and respect who gives you feedback.

Awareness of culture of conversation leads to positive accountability.

- We Grow much quicker together through healthy feedback.
- Tough conversations and questions lead to personal and team growth.
- Having tough conversations early help avoid big problems later.