
Femina Fusion

Foundation Certificate Program

with *Bea Benkova*

6-week journey to decode the
Extraordinary Woman inside You

Playbook
Week 2

..... OUTLINE

Where are you in the Femina Fusion Foundation program?

1: Passion

2: Talent

3: Knowledge

4: Network

5: Character

6: Purpose

..... Introduction

How to best use this playbook

1. Print this Playbook and play with it.
2. Watch the videos to get some inspiration and a more tangible understanding of the topic.
3. Do the exercises and explore the questions posted in each playbook. You will notice that when you start looking anew and when you explore the unexplored world you will experience a shift that will impact the outcomes you achieve.
4. Do not think about it, just write down your answers.
5. Watch the interview video to get some inspiration and a more tangible understanding on the topic.
6. Do your Wealth Dynamics profile. Read the report.
7. Share your insights, experiences and outcomes with other women on the Femina Fusion Facebook group page.
8. Attend the interactive Femina Fusion Session every week for live coaching and support.

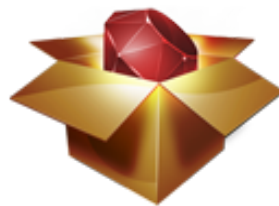
..... Week 2: Talent

Re-discover your talent

“Everyone has talent. What is rare is the courage to follow the talent to the dark place where it leads.”

Erica Jong

About Talent



The twin of Passion is your Talent. While your Passions energize you and others, your Talents guide you to make the best use of your time. Talent is what comes naturally to you and is easy to do without having to think about it. You often do it quickly and without effort.

It may be that it comes so easily to you that you don't even notice it or you think of it as nothing special. Talent is your gift to others. Like a precious diamond in its natural state, we often see our talent as rough or ordinary, whilst others recognize its inherent brilliance and know our talent is invaluable. Paradoxically, what may seem like nothing to you may be everything to someone else. Actually, a “talent” was originally a unit of money, something valuable that could be exchanged and traded. Equally today, everyone has some talent that can be used as a currency of exchange.

..... Week 2: Talent

Questions to start with

What am I naturally good at?

What is easy for me to do without thinking?

What do people ask me for my help or advice on?

What do I do well without too much study, practice or planning?

..... Week 2: Talent

Re-discovering the talents of youth

When I was young, what was most natural for me to do that I have forgotten about?

- _____
- _____
- _____
- _____
- _____

What were the best most engaging subjects and projects at school or university?

- _____
- _____
- _____
- _____
- _____

Look for what you did that came easily and naturally to you: Public speaking? Organizing events? Creating art of some kind? Do you collect valuables? Are you good at starting new projects? Are always on time? Nothing is too small or insignificant. Everything matters because it is yours.

..... Week 2: Talent

My greatest talents

Your talents are your gifts, your chest, your well of wealth if you recognize and use them.

- Out of all of your talents, which are your three greatest ones?
- How are you currently using them in your life and at work?

My 3 Greatest Talents	How I am using them in my life now

Insights and notes:

..... Week 2: Talent

Reality check

- ☐ Are you using your talents at work?
- ☐ Do you feel like the activities that you are currently engaged in use your talents adequately?

1. What talents are you applying frequently and effectively in your current work/professional role?

2. What talents do you experience that are ignored, not used or not appreciated in your current work/professional role?

Talents are like gifts; their purpose is to be given to others.

..... Week 2: Talent

Stop signs

What are the reasons that either you notice or others notice that prevent you from using your talents and being paid for it?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

- Where do these reasons come from? Are they necessarily true?

- What would your life look like if you were no longer stopped by these reasons?

- If you believed it was possible and worthwhile, what would you do?

..... Week 2: Talent



Wealth Dynamics Profile

Your Wealth Dynamics points out your talents as well as the pathway to use them most naturally to create lasting wealth.

My Profile is:

My Wealth frequencies are (write percentages from your report):

Dynamo

Blaze

Tempo

Steel

What did resonate with me when I read about my profile?

What did not resonate with me when I read about my profile?

From the profile, what value could I see that I bring to others when I engage my natural talents at work and in life?

..... Week 2: Talent

Action steps for the week

1

Make a list of your talents using the questions above—and keep updating it.

2

Ask 10 people that know you well - e.g. your parents, siblings, friends, colleagues - what they see as coming easily and naturally to you. You may be surprised by what you hear. Be sure not to dismiss their comments as insignificant or as things that 'don't count'. Simply listen and absorb the gifts people who know you see in you.

3

Schedule a regular appointment once a week for at least 60 minutes, with the most important person in your life—YOU! Dedicate this precious time to developing your talents.

4

Enjoy doing what comes easily to you and notice how others benefit from it: for example, how it saves them time, gives them reassurance, or allows them the freedom to be more productive elsewhere.

..... Week 2: Talent

Quote of the week

“The most exciting place to discover talent is
in yourself.”

Ashleigh Brilliant

Allow yourself to discover your talents
and experience being valuable and flow in your life.