



Wellbeing in Gifted Individuals: Impacts from strengths & motivations



We are a recognised Centre of Excellence:
Leadership, Change & Wellbeing Services (ACPI Pty Ltd)



*Turning Point
Consulting*

Kathryn Taylor, Director & Owner, Turning Point Consulting



WELLBEING

LEADERSHIP

CAREERS

CMF HFTGN CAHRI BEd (Sec), Grad. Cert. Career Dev. Prac.

Wellbeing Australia Director, Lead for Education & Secretary

Member of the Global Career Council with ICCI

Wellbeing & Education specialist with ACPi Pty Ltd

Director of Centre of Excellence: Leadership, Change & Wellbeing

Motivational Youth Maps Lead for Australia

20 years+ human resources, coaching, training & recruitment across industries

Holistic service encompassing coaching & leadership development



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Holistic Wellbeing



Flourish, Martin Seligman
Wellbeing: The five essential elements, Tom Rath

Talents & Strengths



EXECUTING

Achiever
Arranger
Belief
Consistency
Deliberative
Discipline
Focus
Responsibility
Restorative



INFLUENCING

Activator
Command
Communication
Competition
Maximiser
Self-Assurance
Significance
Woo



RELATIONSHIP BUILDING

Adaptability
Developer
Connectedness
Empathy
Harmony
Includer
Individualization
Positivity
Relator



STRATEGIC THINKING

Analytical
Context
Futuristic
Ideation
Input
Intellection
Learner
Strategic



Drivers & motivators



Relationship Motivators



The Defender
Seeks security,
predictability,
stability



The Friend
Seeks belonging,
friendship,
fulfilling
relationships



The Star
Seeks recognition,
respect,
social esteem



Achievement Motivators



The Director
Seeks power,
influence,
control of
people / resources



The Builder
Seeks money,
material satisfactions,
above
average living



The Expert
Seeks knowledge,
mastery,
specialisation

*Trust
your
gut*



Growth Motivators



The Creator
Seeks innovation,
identification with new,
expressing creative
potential



The Spirit
Seeks freedom,
independence,
making own
decisions



The Searcher
Seeks meaning,
making a difference,
providing worthwhile
things



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Dominant talents in gifted individuals



Relationship strengths

- Empathy, Relator, Friend

Action through accountability

- Responsibility, Achiever, Restorative

Deep level of **thinking**

- Analytical, Strategic, Futuristic

Quality expectations

- Expert, Competition



Common challenges or impacts

- Fear of failure, ie risk evaluation
- Change or lack of structure, eg transition points
- Perfectionism, internal or from external
- Anxiety, often by intense self talk
- Overthinking and analysing
- Deficient based thinking approach
- Heightened responsibility, externalised motives
- Negative competitive streak (personal and others)



Wellbeing management

Focus on personal measurable goals

Balance all aspects of wellbeing (purpose, social, spiritual, community)

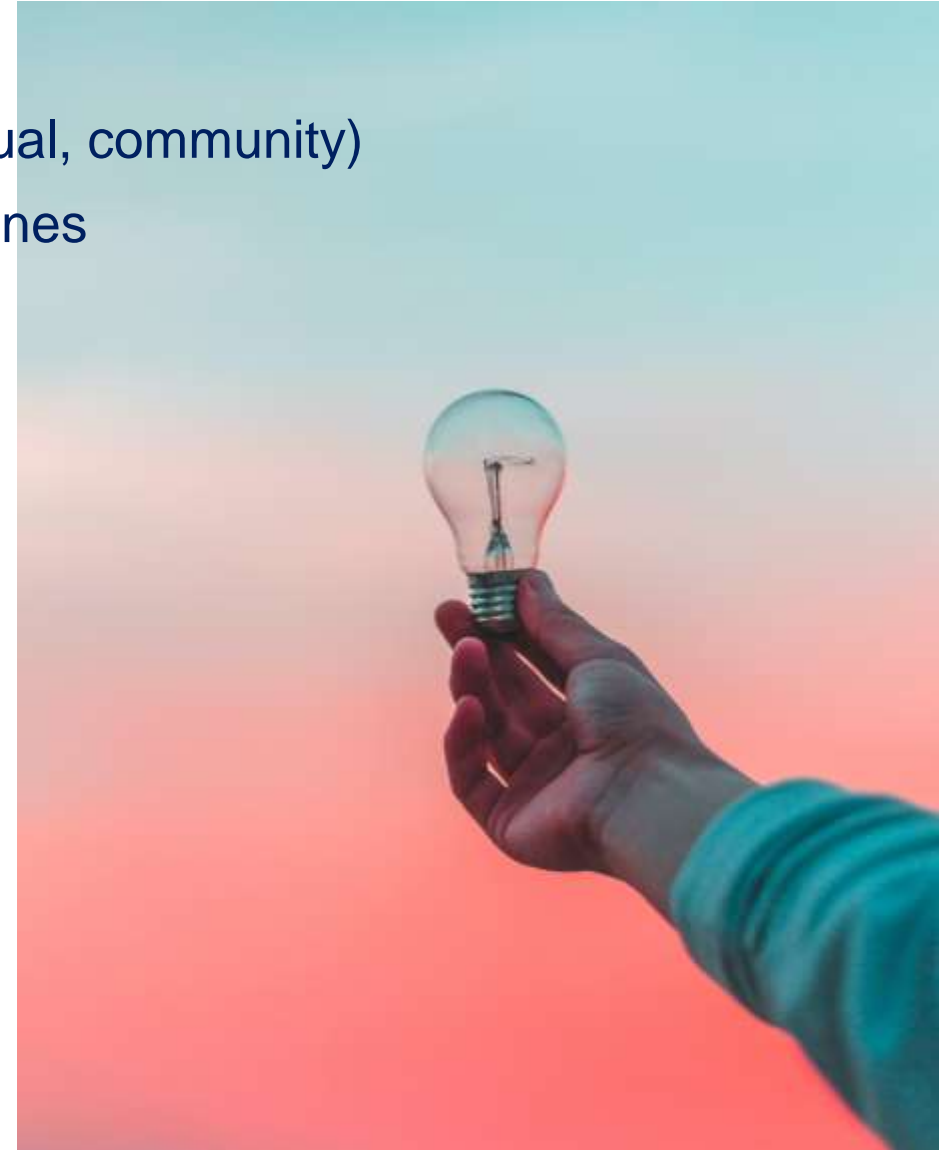
Establish positive habits, adapt damaging or negative ones

Education and awareness of self talk and expectations

Balance competition to create a healthy mindset

Connect future value and desires

Encourage healthy risks, embracing failure and growth



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Reflections

- Elements of wellbeing for perspective
- Self-esteem and confidence early and regularly
- Proactive management of individuals
- Trends in your school or across year groups
- Solution-focused language and tools
- Bring families into appropriate discussions



Questions & Reflections



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