

Mindful Business Leader



Finding the connection between your passions, talents and purpose (Exercise from Episode 2)

This has been a simple yet really effective exercise for me. You can certainly adapt or create your own but try the below. I've put in a few of my own experiences to give **you an example** but yours doesn't need to look anything like mine. Remember this is 100% for YOU.

Job / Leadership Opp	What I LOVED	What I ROCKED at	What motivated my job change?
<i>Environmental Analyst at Marsh McClennan</i>	<i>The deeper meaning behind what we did: Enabling clean-up of contaminated property through risk transfer</i>	<ul style="list-style-type: none"> • Attention to detail • Contract review • Follow-through 	<i>Horrible first boss with no mentorship, didn't feel valued</i>
<i>Manager at AIG Env.</i>	<i>Managing and leading people, giving biz and people advice</i>	<ul style="list-style-type: none"> • Building relationships • Communications • Problem solving in personal and business contexts 	<i>Realized I wanted to be on a different side of the business to make greater impact</i>
<i>Real estate consultant at T3 Advisors</i>	<i>Team culture, creating collaborative workplaces</i>	<ul style="list-style-type: none"> • Great at networking • Creating models, scenario analysis • Mentoring other team members 	<i>Clients didn't take our advice, I wasn't the decision maker</i>

Now the big question is, where do your talents and “gifts” intersect with your purpose? Put another way, can you do your work selflessly?