

CULTURE

WHAT DO OTHERS SEE?

At some point in your life you may have heard the term, “People pleasers”: specifically referring to being consumed by the needs and wants of other people. Though we should not be consumed by what others want from us and for us, we should ask ourselves the question, “What are other people seeing in us?” I propose we ask the question whether or not we have a circle of friends who we allow to critique our words and actions.

PLEASE NOTE: To critique is different from criticism. When we allow someone to critique us, we open ourselves up to the evaluation and assessment of others which allows us to receive approval as well as notes of improvement. On the other hand, criticism is the disapproval of someone or something based on faults and mistakes. There is HUGE DIFFERENCE between these two concepts and one that we must take into consideration. As we go through this months’ theme, the reader will be challenged in their own perception of themselves, as well as the perception of others.



“Everything that irritates us about others can lead us to an understanding of ourselves.”

-C.G. Jung

Just as there are differences between providing critique and criticism, there are differences between talents and skills. In us, we each have natural abilities: we are born instilled with this. Skill is a learnt ability. It is acquired or developed by putting in a lot of time and hard work. The difference between talent and skill is hard work.

In thinking about yourself, capture 3 natural talents and 3 skills that you’ve put the time and effort in to develop.

Skills

1.

2.

3.

Talents

1.

2.

3.

Take your list to someone that you know and trust: request that they look at the list with you and provide feedback.

1 Is your assessment accurate? Ask, from their perspective, are there specific things that you could work on? If so, what and why? Capture their responses below:

2 In regards to Gentle Teaching, are there specific things you desire to work on? How do you believe making these changes will impact how others view you on your team?