

# Recognize the 7 Talents of ThriveTypes®

with Intuitive Eye Readings & Body Psychology



Leveraging Your Talents  
in Leadership and Life

Whitney Walpole  
and Laurell Shimayo

With Brianne Johnson



# Why ThriveTypes

Recognize Diversity

Understand + Love YOU

Live, Love & Work in Your Genius

Stretch to Potential + Grow

Solve Challenges, Collaborate

Know What Resources You Want + Find Them

Spirituality, Purpose, Fulfillment



# ThriveTypes in Business

- **Strategically steer** with the people onboard
- Get the **right people** on the bus
- **Place people** in the right seat on the bus
- **Grow people** deeper into their Genius
- Grow **authentic leaders**
- Coach and train people to **work together** well
- **Meet and motivate customers** and clients
  - Interactions
  - Offerings



# Your Genius or “Sweet Spot”

the “place” of your most  
authentic gifts and contributions

**WHAT** You Do Best

**HOW** You Best Do Everything

**WHY** You Love What You Love



# **WHEN** in Genius or Sweet Spot

Energy

Joy + Ease

Time Shifts (Fast or Slow)

Others Request It

Contribute Great Value

Often Unique (but you might think it's not)



# Shortcut to Genius: ThriveTypes

Precise, Comprehensive Insight

Fast, Easy (with some tools)

Big Impact

## ThriveTypes® How to Work, Live and Relate in Your Genius

Which are natural (easy, energizing) for you and your people? Which are ways you believe you "should" be (exhausting, forced)? Use this awareness to increase authenticity, fulfillment, appreciation, engagement, collaboration, and results.



**Pacing**  
Rhythm, rate or speed  
**Leisurely**: relaxed, mellow, speaks/listens to topic longer, gets exhausted  
**Mid**: moderate, average  
**Quick**: speedy, intense, changes topics, interrupts, gets impatient  
**Variable**: flexible throughout partial range  
**Fluid**: easily flows throughout entire range

**Decision-Making**  
**Confused**: doubts, halts  
**Divergent**: wants all options, fears wrong choice and wasted activity  
**Convergent**: wants few options, may change course, fears stagnation  
**Switchable**: does opposite to balance others  
**Variable**: flexible throughout partial range  
**Fluid**: easily flows throughout entire range

Each trait matures through lessons. Which are yours?

### Motivation

Deeply satisfying to achieve; influences all we choose + do

**Growth**: engages much new

**Self-Preservation**: engages little

**Acceptance**: welcomes all

**Discernment**: refines, critiques

**Dominance**: imposes Intention

**Submission**: supports a purpose

**Relaxation**: mellow, easy, cool

### Communication

Order of mind, heart, body

**Think Feel Act**: details, big picture, does when congruent

**Think Act Feel**: details, jumps in, discovers if likes afterwards

**Feel Think Act**: broad, big picture, details, then does

**Feel Act Think**: wants, leaps in, learns; Intuitive, impulsive

**Act Think Feel**: kinesthetic gut response, structured details, discovers if likes afterwards

**Act Feel Think**: kinesthetic gut response, discovers if wants, learns from experiences after

**Fluid**: simultaneous, integrated and equal flow of all elements

Laureli Shimayo

Business, Life & Relationship Coaching

720-352-2434

Laureli@thrive-wise.com



### Defense

Protective automatic reactions rather than aware, chosen responses

**Distant**: looks for & does what's expected

**Flexible**: overuses flexibility, adapts to others and change, often messy or late, wants harmony, avoids conflict, undercommits, fears being inadequate

**Structured**: overuses structure, plans and organizes, rigid, strict, often tidy and on time, wants clarity, attacks conflict, overcommits, fears being unlovable

**Switchable**: two growth stages

1) opposes other's Defense, matures and 2) matches other's Defense

**Fluid**: not defensive but responsive, both Flexible and Structured, does not need or want protection, easily sets goals and changes course, does what's most serves

### World View

Orientation, philosophy, framework

**Survival**: simple, gets basic needs met

**Security**: figure out and follow the rules

**Success**: impress peers, climb to top

**Connection**: deep, intense relationships

**Fulfillment**: connect to core, honor self

**Presence**: balance, integrate, heal

**Service**: non-qualifying contributions

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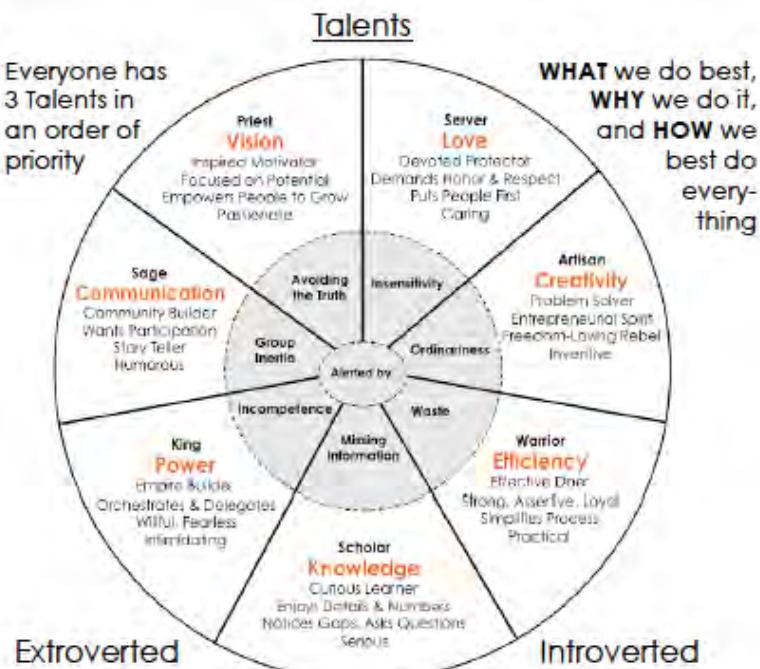


# The 7 Talents

Big Rocks of Genius

Engaging, Playful

Sense of Being Seen



# 7 Talent Wheel



# Talents

## 1. Each person has **3 in an order**

- 1<sup>st</sup> = Being
- 2<sup>nd</sup> = Doing
- 3<sup>rd</sup> = Learning

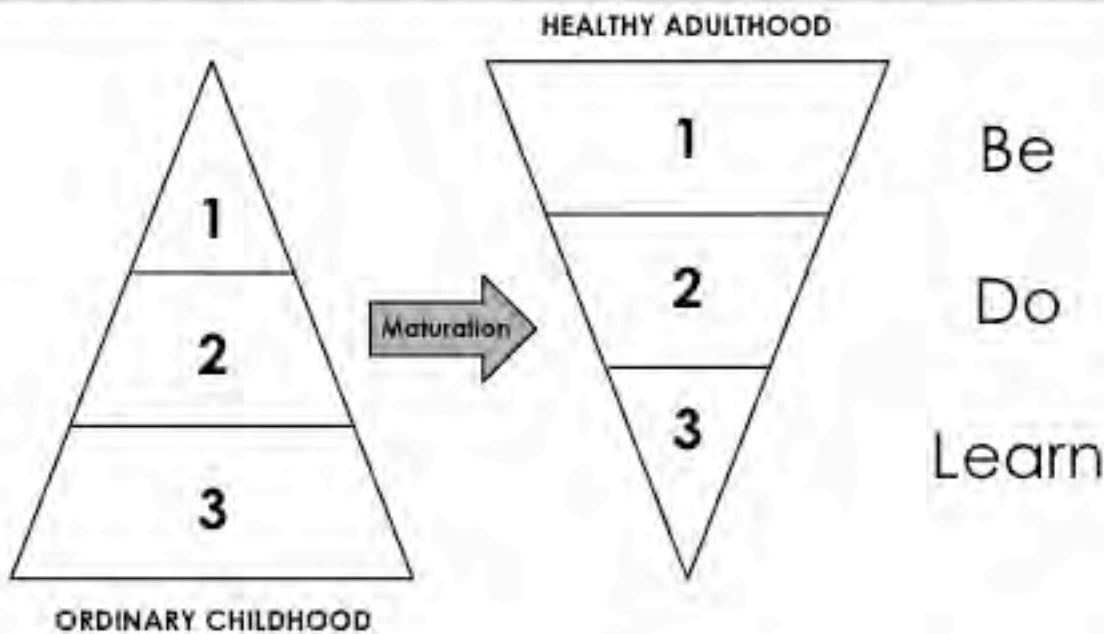
## 2. Likely everyone also has **Masks**

- Hard, Work, Scarcity, Exhaustion
- Not appreciated and valued  
(except by those who got you to do it)



# Talent Integration & Maturation

Everyone typically takes on Masks as a child – aspects that are not authentic, to get love and attention – then grows into their 3<sup>rd</sup>, then 2<sup>nd</sup>, then ideally 1<sup>st</sup> Talent. We typically are growing into our 2<sup>nd</sup> when choosing a career. Growing into our 1<sup>st</sup> can be a mid-life crisis – we want this fulfilled, and we've not set up our life this way.



Masks



# Talent Growth & Maturation

**1. Loosen Masks**

**2. Grow into 3<sup>rd</sup>, 2<sup>nd</sup>, 1<sup>st</sup>** (Learn, Do, Be)

**3. Integrate** Talents Together

**4. Grow in Lessons** (Underbelly → Gift)  
(coming in the next few slides)



# Talents & Genius Wheel: Underbelly & Gift



# Talent Lessons

- 1. Overdo**
- 2. Prove**
- 3. Share & Contribute**
- 4. Savor & Flow**

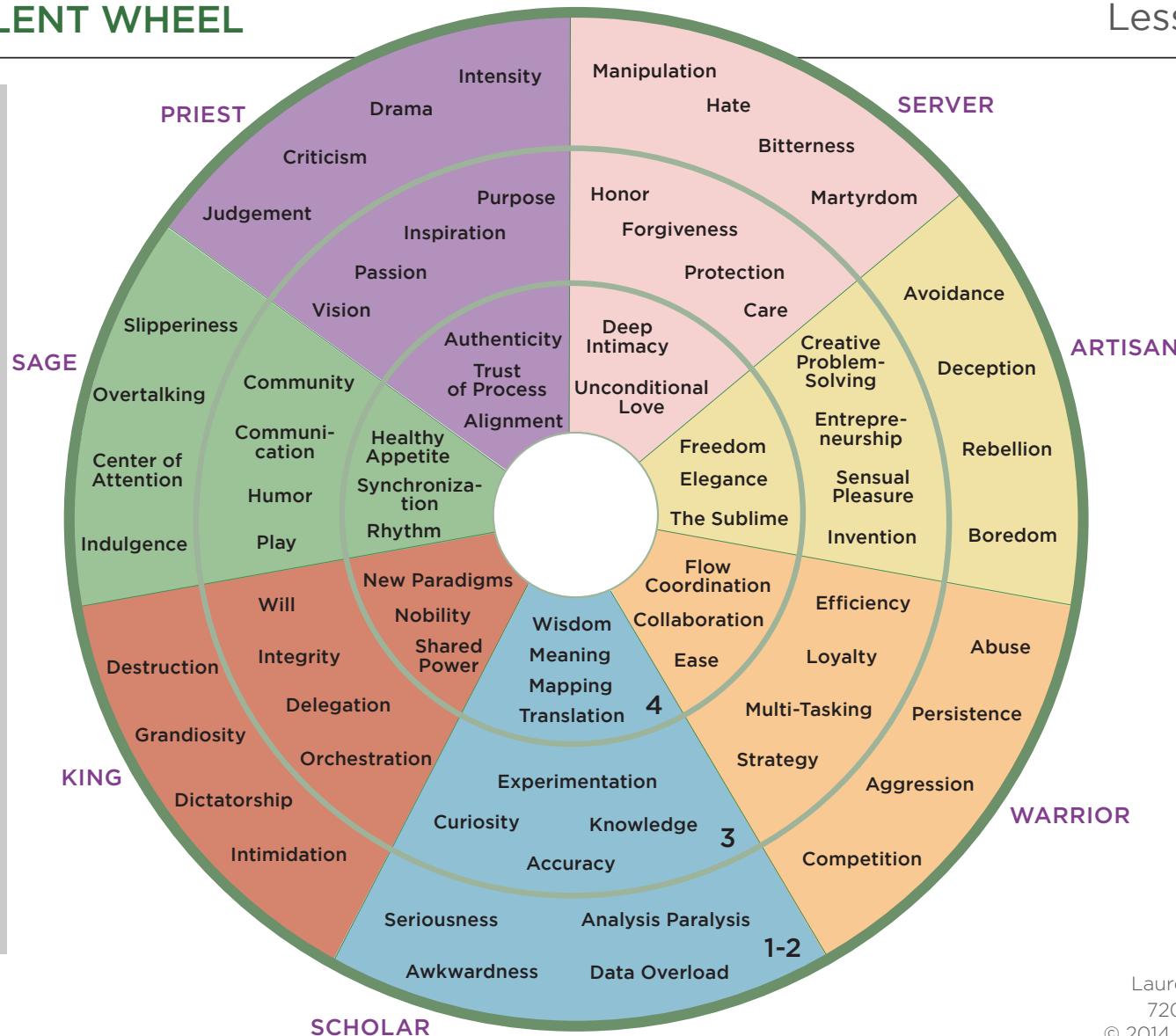


# Talent Lessons Wheel



Lessons

We grow from the outside in. Making it to Lesson 3 is great; this is what is described in the other wheels. We are generally growing in to the center, and when we temporarily feel scared or stressed, we move back towards the outside. There are ways to strategize your growth inwards – book a session with Laureli or get The Sweet Spot book (next slide).



This is the simplified chart in which Lessons 1 & 2 are combined. To get the complex chart, book a session with Laureli!



# For a Deeper Dive about Talents Lessons Get My Book



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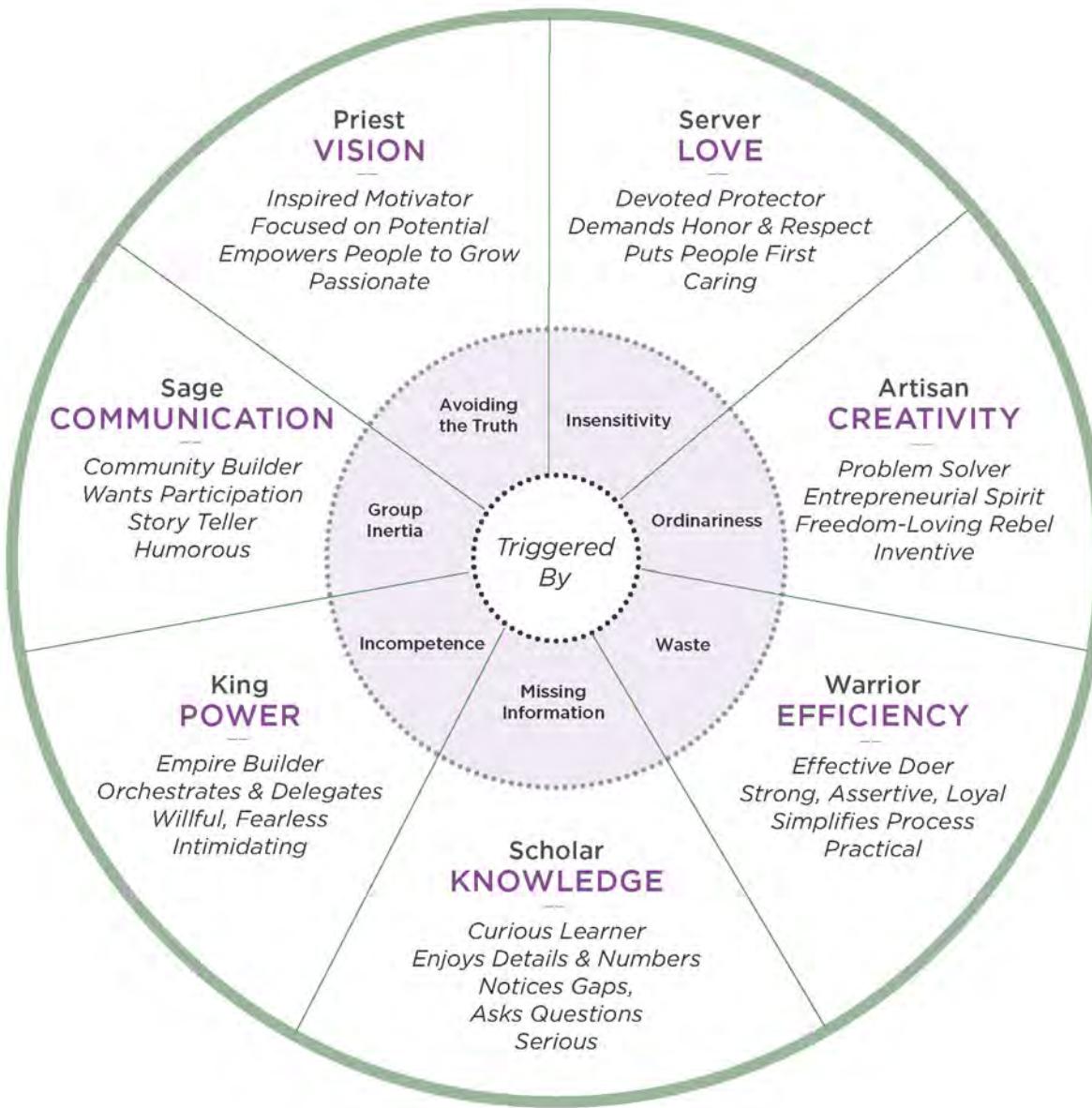
Whitney Walpole  
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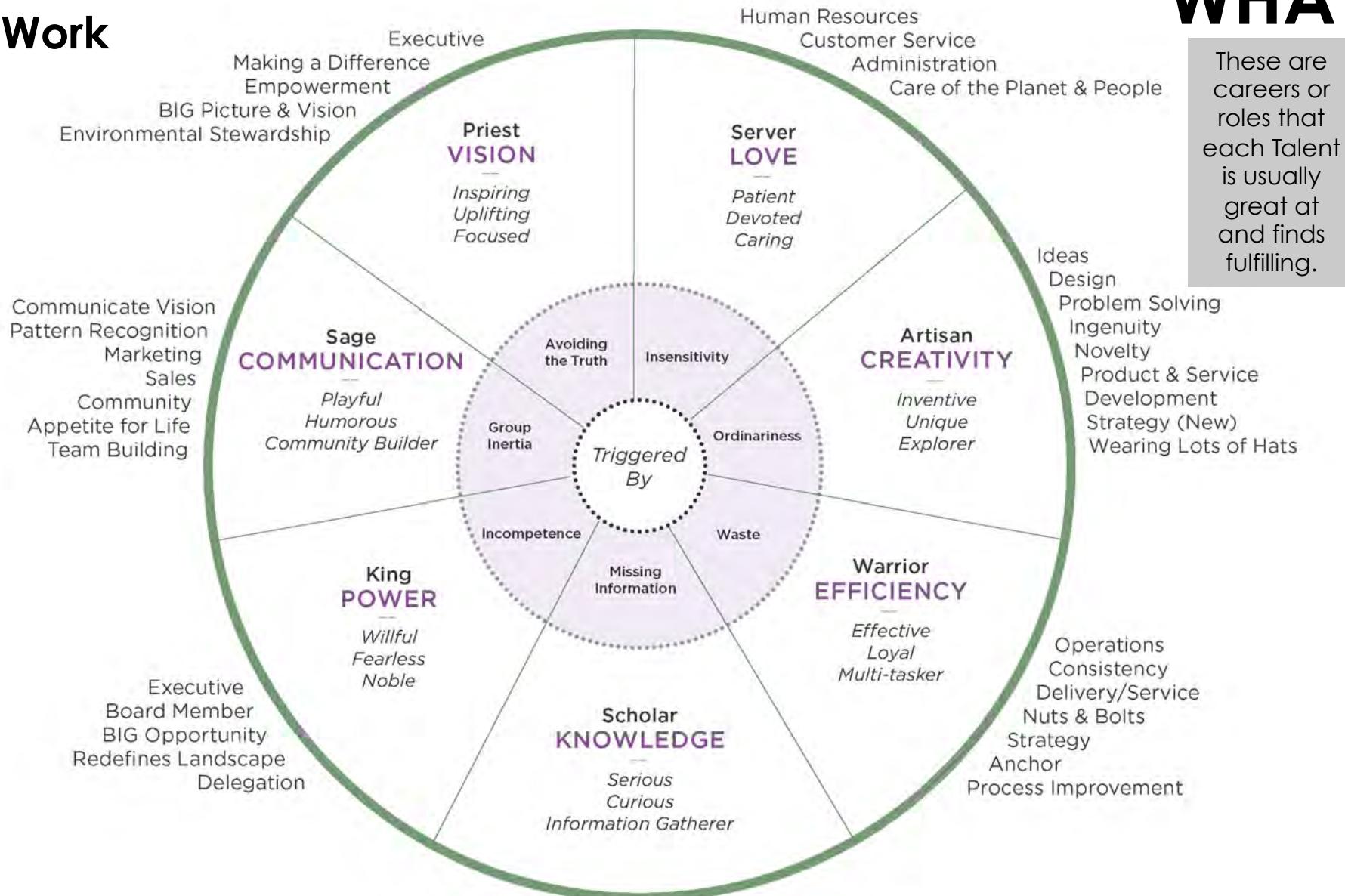


# 7 Talent Wheel



# Talents at Work

# WHAT

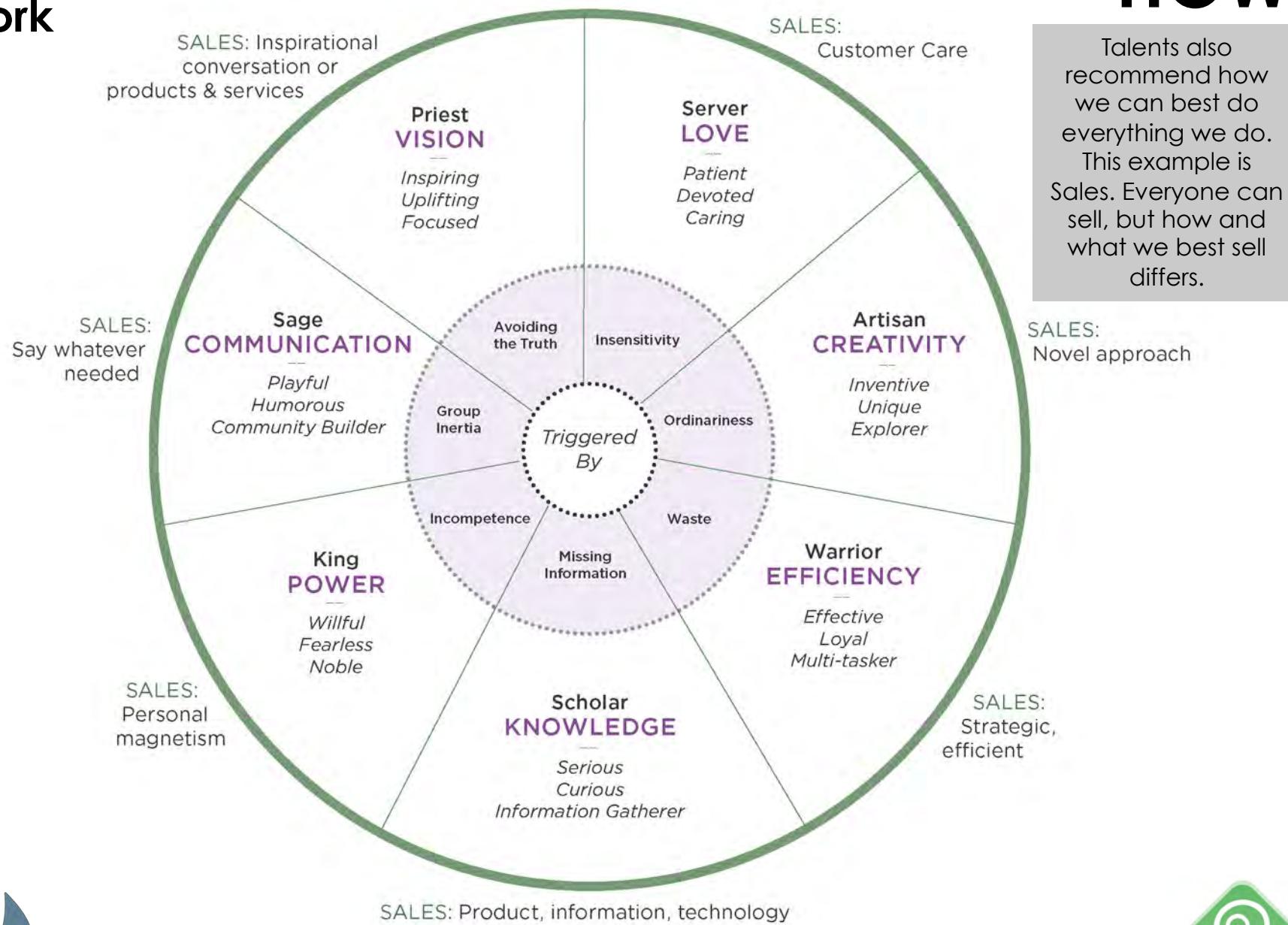


These are careers or roles that each Talent is usually great at and finds fulfilling.



# Talents at Work

# HOW



Talents also recommend how we can best do everything we do. This example is Sales. Everyone can sell, but how and what we best sell differs.



# How to “Read” People

## How to Read Eyes

### 1. **Values & Behavior, Their Intention**

- Triggers
- Words
- Actions

### 2. **Physical Traits: Eyes, Face, Body**

### 3. **Energy: Flow**

### 4. **Your Map: Sensations, Feelings, Intuition, History**

### 5. **Distinguishing Masking: Eyes, Congruence**

### 6. **Ask Questions** (being aware of possible Masking)

These are strategies for reading people. 1) learn about the 7 Talents so you can recognize them in action. 2) See the slides coming shortly. 3) See the very next slide. 4) Learn how you respond to each Talent, such as what feelings and body sensations you experience when looking at each Talent. 5) There are tricks to distinguish masking – sign up for a class or book a session to learn more. 6) When in doubt, you can ask questions of people – do you do this, would you choose x or y – but this can be misleading (masking).



# Energy Flow

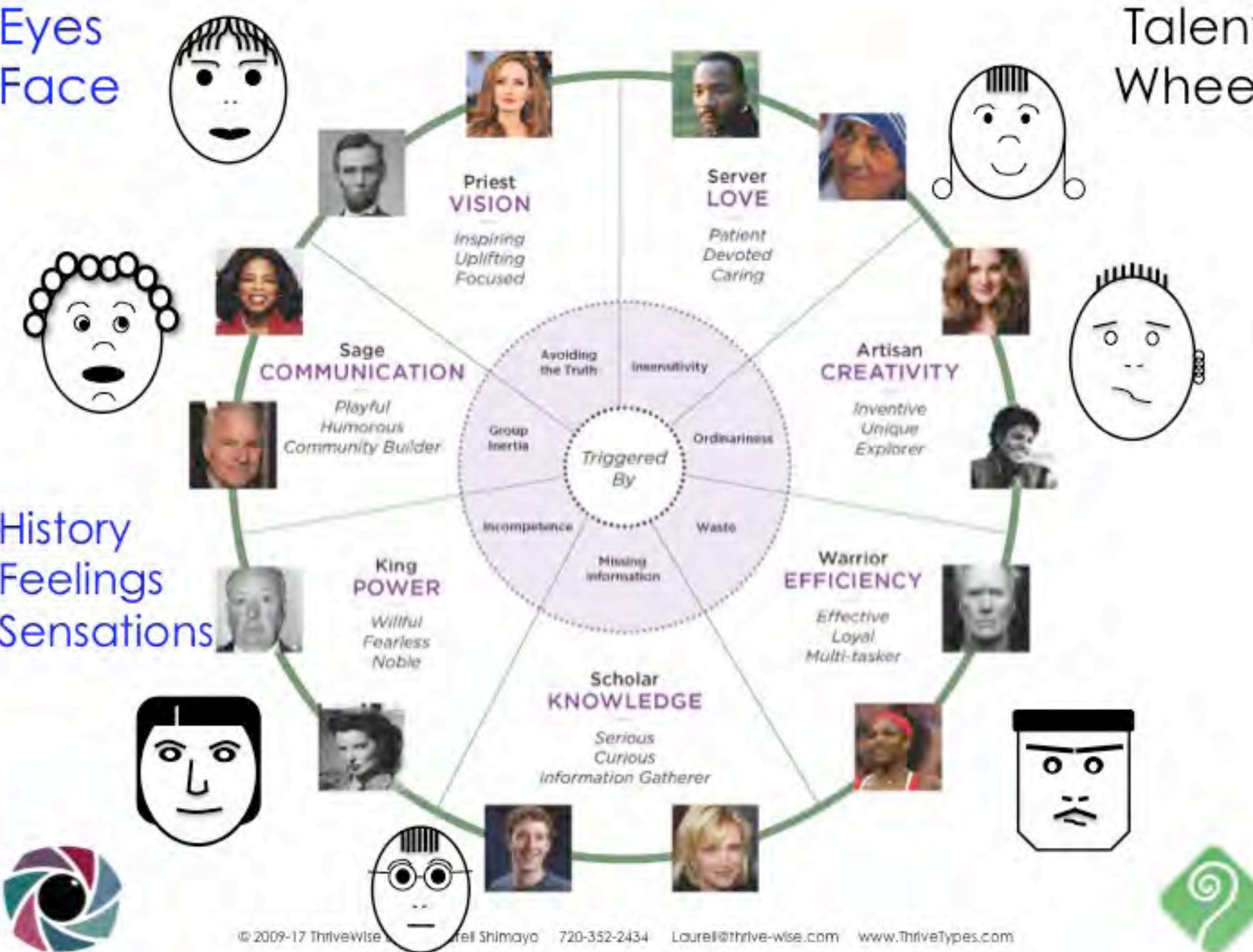


# Talent Wheel



Eyes  
Face

Talent  
Wheel



# Eyes Most Consistently Reveal Talents

The next few slides show:

1. The “energy” of each Talent, shown as fluid flows
2. Caricature faces of each Talent
3. Details about the eyes – the directions they face or move plus the direction energy moves (e.g., Priest and Server the energy moves out of their eyes and Scholar draws things in). The eyes are the most trustworthy as people can have Masking in their behavior, but the eyes don’t lie.



# Seeing Talents

<b>Priest Vision</b> Inspiration	
<b>Server Love</b> Honor	
<b>Sage Communication</b> Community	
<b>Artisan Creativity</b> Innovation	
<b>King Power</b> Orchestration	
<b>Warrior Efficiency</b> Effectiveness	
<b>Scholar Knowledge</b> Accuracy	

These are stereotypic cartoon depictions of faces of the 7 Talents and what their eyes do. Join a class or book a session to learn more.



# Stereotype Physicality of Priestess/Priest

<b>BODY</b>	<ul style="list-style-type: none"><li>• tall with long limbs or shorter and smaller than avg.</li><li>• stiff and rigid (more common in men due to shaming)</li><li>• often more sexual (including clothing, makeup)</li><li>• less often overweight (yoga is common exercise)</li></ul>
<b>HEAD</b>	<ul style="list-style-type: none"><li>• elegant and strong</li></ul>
<b>EYES</b>	<ul style="list-style-type: none"><li>• piercing, intense, focused, strong eye contact + gaze</li><li>• angled outwards, looking beyond you to potential</li><li>• long, thick eyelashes and eyebrows</li><li>• can appear to have "light" beaming out of their eyes</li></ul>
<b>PHYSICAL BEHAVIOR</b>	<ul style="list-style-type: none"><li>• 1<sup>st</sup> looks outwards broadly, 2<sup>nd</sup> is softer and sweeter with tightness in neck, 3<sup>rd</sup> has beady-eyed narrow look</li><li>• sense other's presence (in all directions, e.g., behind)</li></ul>
<b>PRESENCE</b>	<ul style="list-style-type: none"><li>• stereotypic goddess, U.S. feminine ideal</li><li>• often more refined and elegant, particularly w/Artisan</li></ul>

# Stereotype Physicality of Server

<b>BODY</b>	<ul style="list-style-type: none"><li>• soft, curvy, rounded body</li><li>• soft, cuddly</li><li>• hard, solid, curled in and rounded shoulders if bitter</li><li>• tendency towards sweeter or cuter colors and dress</li></ul>
<b>HEAD</b>	<ul style="list-style-type: none"><li>• soft features, rounded cheeks</li><li>• often smaller features – chin and nose</li><li>• round</li></ul>
<b>EYES</b>	<ul style="list-style-type: none"><li>• soft, gentle, deeply connecting (or beady and mean)</li><li>• angled inwards, as if to one person's heart</li></ul>
<b>PHYSICAL BEHAVIOR</b>	<ul style="list-style-type: none"><li>• loving presence</li><li>• reaches out and touches others (with care if okay)</li><li>• most likely to share kind words and do caring deeds</li></ul>
<b>PRESENCE</b>	<ul style="list-style-type: none"><li>• calm, gentle</li></ul>



# Stereotype Physicality of Sage

<b>BODY</b>	<ul style="list-style-type: none"><li>• larger and rounder, jolly OR skinny and wiry</li></ul>
<b>HEAD</b>	<ul style="list-style-type: none"><li>• round head shape, rounder and redder cheeks</li><li>• mouth often active</li><li>• importance of lips, jaw, throat (larger, more energy)</li><li>• nose and ears flesh keeps growing as age</li><li>• curly hair and red hair are more common</li></ul>
<b>EYES</b>	<ul style="list-style-type: none"><li>• goofy, rolling, playful, joking energy + trickster gleam</li><li>• wild eyebrows</li></ul>
<b>PHYSICAL BEHAVIOR</b>	<ul style="list-style-type: none"><li>• rhythmic movement and walk, like music playing</li><li>• easy, flowing motion</li><li>• often talking, laughing, sounding, whistling, singing</li><li>• makes great, entertaining, engaging expressions</li></ul>
<b>PRESENCE</b>	<ul style="list-style-type: none"><li>• deep, resonating voice</li><li>• energetically moving even if body is still</li></ul>

# Stereotype Physicality of Artisan

<b>BODY</b>	<ul style="list-style-type: none"><li>• skinny/geeky or powerful/fit are common</li><li>• unusual or refined clothing and accessories</li><li>• bright colors</li><li>• tattoos and piercings in unusual places or patterns</li></ul>
<b>HEAD</b>	<ul style="list-style-type: none"><li>• all shapes except round</li></ul>
<b>EYES</b>	<ul style="list-style-type: none"><li>• 3 versions<ul style="list-style-type: none"><li>• Sparkly, shiny, glittery</li><li>• Rebellious, feisty</li><li>• Distracted, moving a lot, daydreaming</li></ul></li></ul>
<b>PHYSICAL BEHAVIOR</b>	<ul style="list-style-type: none"><li>• everything is less predictable</li><li>• they speak/play with ideas that may never happen</li><li>• they leave a trail of in process/unfinished items</li></ul>
<b>PRESENCE</b>	<ul style="list-style-type: none"><li>• sensitivity to the environment (light, sound, temp)</li><li>• most diffuse energetically, hard to "see" at times</li><li>• energy is outside of them, won't stay in their head</li></ul>



# Stereotype Physicality of Queen/King

<b>BODY</b>	<ul style="list-style-type: none"><li>• large, sturdy bone structure – hands, feet, frame</li><li>• holds posture and stature, seems big even if short</li><li>• power throughout body</li></ul>
<b>HEAD</b>	<ul style="list-style-type: none"><li>• large head and face, features (nose, jaw)</li><li>• classic Greek chiseled features</li><li>• their presence or energy comes from deep within their head either projecting intensity and fierceness or calm, almost gentle knowing: 1<sup>st</sup> is usually head, 2<sup>nd</sup> or 3<sup>rd</sup> can be or may be from guts/pelvis instead</li></ul>
<b>EYES</b>	<ul style="list-style-type: none"><li>• steady, firm gaze</li><li>• can have both an in/out and view, mostly directly out</li></ul>
<b>PHYSICAL BEHAVIOR</b>	<ul style="list-style-type: none"><li>• tends to not be in groups unless they are leading</li><li>• stands back determining 10,000 foot view</li><li>• quiet, does not speak without clear purpose, then brief</li><li>• quiet determining strategies and actions, taking action</li></ul>
<b>PRESENCE</b>	<ul style="list-style-type: none"><li>• dignified in attitude, dress, surroundings</li></ul>



# Stereotype Physicality of Warrior

<b>BODY</b>	<ul style="list-style-type: none"><li>• thick and sturdy body, arms and legs</li><li>• workhorse</li><li>• sometimes trapezoid shaped (wider lower down)</li></ul>
<b>HEAD</b>	<ul style="list-style-type: none"><li>• square, blocky shape (blockhead)</li><li>• strong bones in skull, jaw, strong brow</li></ul>
<b>EYES</b>	<ul style="list-style-type: none"><li>• serious, focused, steady</li><li>• stares down if something is in the way</li><li>• looking at something useful, doing something useful</li></ul>
<b>PHYSICAL BEHAVIOR</b>	<ul style="list-style-type: none"><li>• movement, action or cutting through fluff stillness</li><li>• little talking or anything not absolutely necessary</li><li>• grounded, serious, focused, steady walk</li></ul>
<b>PRESENCE</b>	<ul style="list-style-type: none"><li>• grounding</li><li>• calming</li><li>• no-nonsense</li></ul>



# Stereotype Physicality of Scholar

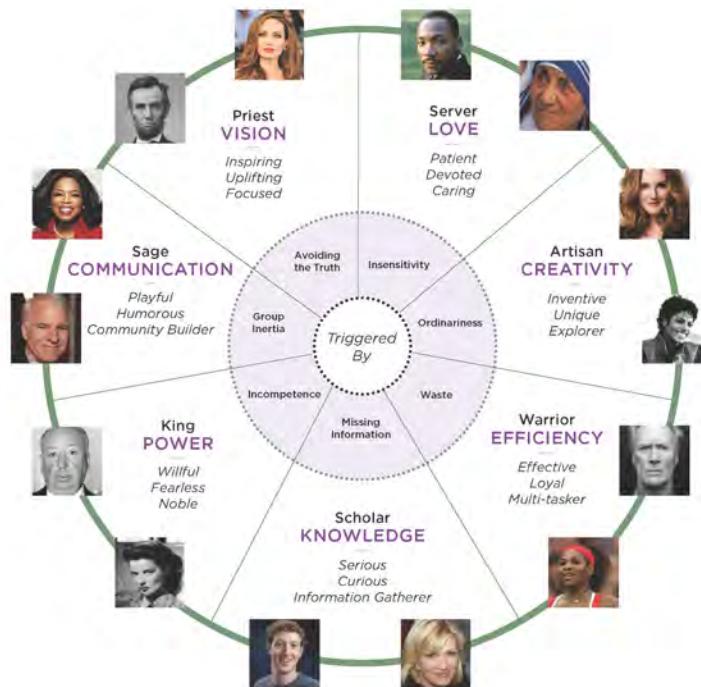
<b>BODY</b>	<ul style="list-style-type: none"><li>• geeky, awkward</li><li>• usually non-sexual</li><li>• plain clothing</li></ul>
<b>HEAD</b>	<ul style="list-style-type: none"><li>• large head and forehead</li><li>• might be awkwardly shaped</li></ul>
<b>EYES</b>	<ul style="list-style-type: none"><li>• large open eyes, absorbing; brow bones hold open</li><li>• pulling/sucking everything in like a funnel</li><li>• eyeglasses are common (so much reading)</li><li>• eyes are parallel, not pointing in or out</li></ul>
<b>PHYSICAL BEHAVIOR</b>	<ul style="list-style-type: none"><li>• asks and answers questions</li><li>• methodically looks all around, observing</li><li>• may not participate</li></ul>
<b>PRESENCE</b>	<ul style="list-style-type: none"><li>• neutral, impartial</li><li>• serious and unemotional</li></ul>



# List of Famous Examples of Talents at

<http://www.thrivetypes.com/examples/>

and many stories about them **in the book**



# Which are Your ThriveTypes? What is Your Sweet Spot, Your Genius?

## Get an Eye Reading

### Buy the Sweet Spot Book

Amazon Link:

[https://www.amazon.com/gp/product/0994826173/ref=as\\_li\\_tf\\_i?ie=UTF8&tag=jhrx02-20&creative=9789&creativeASIN=0994826173&linkId=b5893d7d74b03be4b8319ae2ab803aa](https://www.amazon.com/gp/product/0994826173/ref=as_li_tf_i?ie=UTF8&tag=jhrx02-20&creative=9789&creativeASIN=0994826173&linkId=b5893d7d74b03be4b8319ae2ab803aa)

Laureli Shimayo

Laureli@ThriveTypes.com

[www.ThriveTypes.com](http://www.ThriveTypes.com)

720.352.2434

