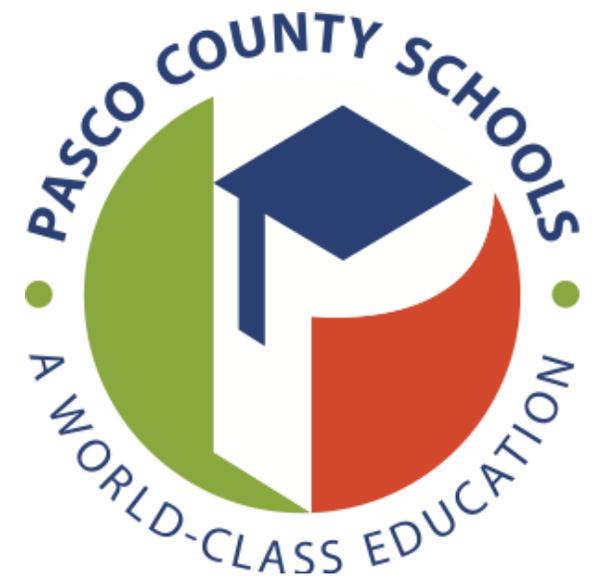


# RESILIENCY & WELLNESS

WENDY BELFIELD, SCHOOL SOCIAL WORKER

PASCO COUNTY SCHOOLS





You can do and achieve more  
by using your **TALENTS**.

Notice them. Use them.  
Share them.

# EVERYONE HAS TALENT

**Talent** is a naturally recurring pattern of thought, feeling, or behavior that can be productively applied.

Examples of talent include:

- effortlessly and instinctively starting conversations
- thinking in an orderly or timely manner
- being able to easily influence others
- seeing patterns in data
- consistently having a positive outlook on life

**Strength** is the ability to consistently produce a positive outcome through near-perfect performance in a specific task.

Start With

**TALENT;**



Finish With

**STRENGTH**

There is nothing wrong with being aware of our weaknesses and managing them, but our greatest opportunity for success lies in building on our natural talents.



People who focus on using their strengths are ...

3x

as likely to report having an excellent quality of life.

6x

as likely to be engaged in their jobs.

7.8%

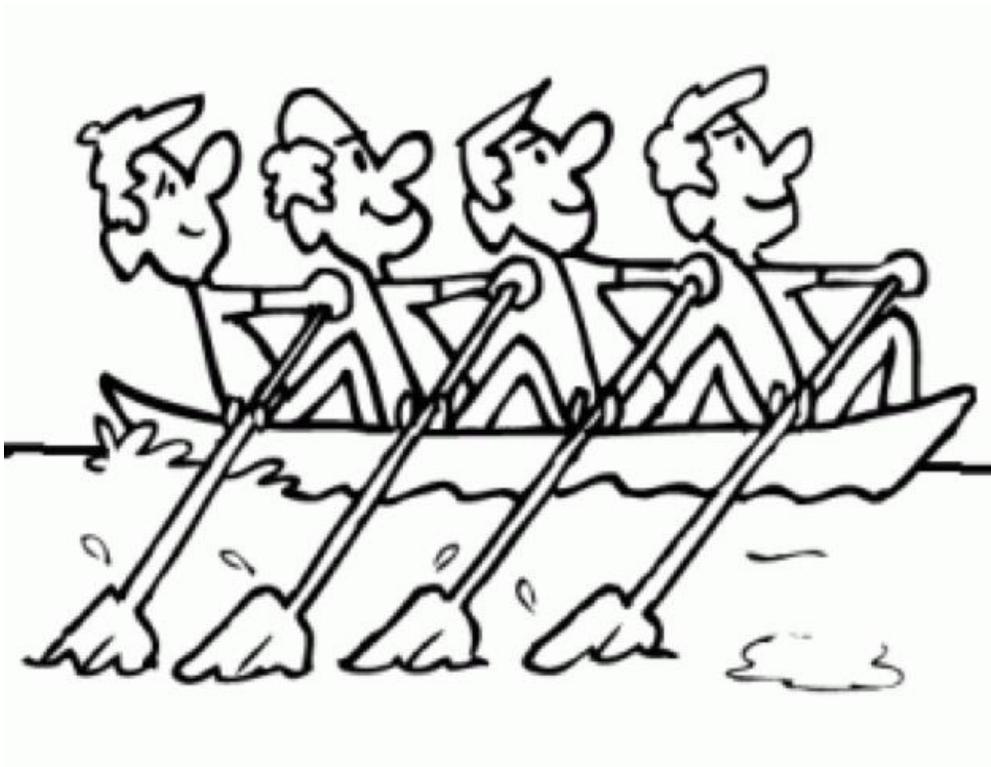
more productive.

GALLUP ANALYTICS

GALLUP®

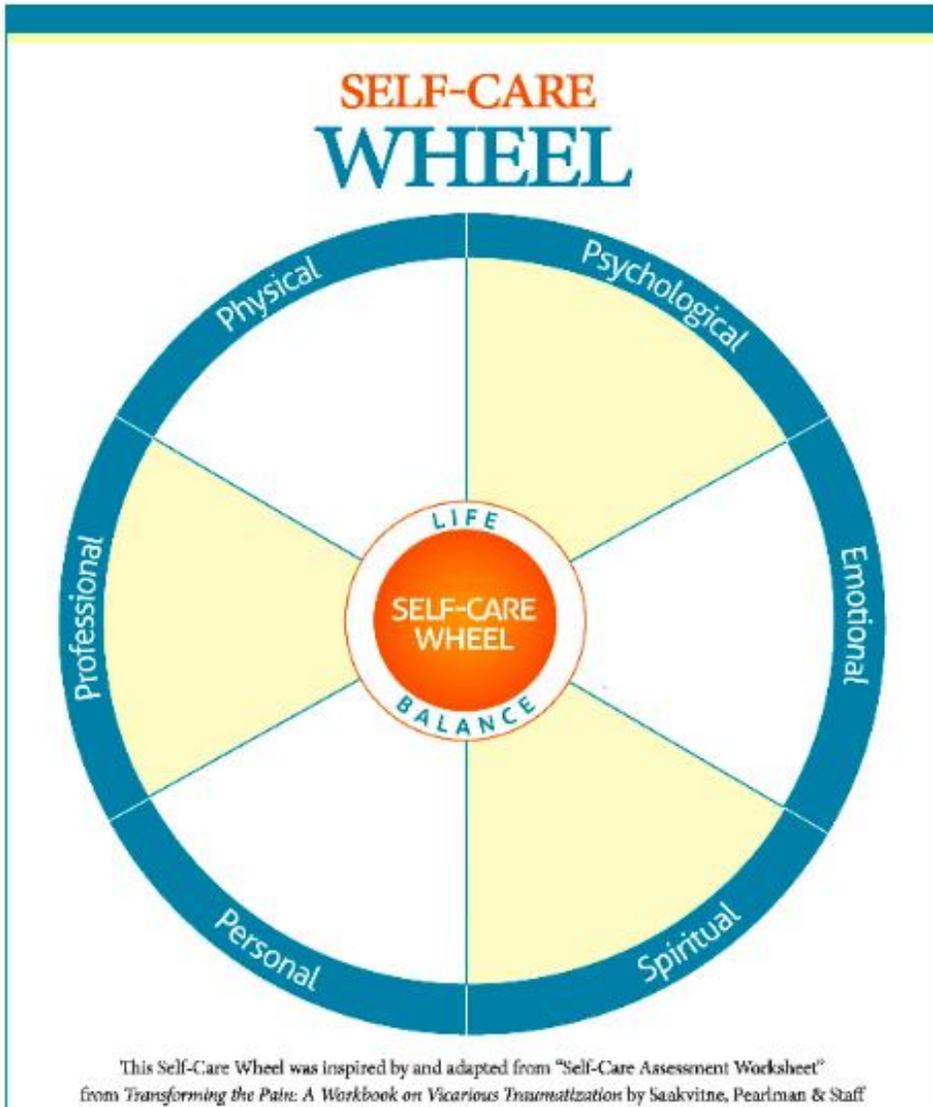
DO YOU HAVE A TEAM?

**In Sync**



**Out of Sync**





# IMPROVING OUR WELLNES