

Coaching a Client to Discover and Develop Passion and Gifts

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Every Human has something awesome and unique about themselves to offer the world. When God created us, he gave us special talents and gifts, not for us to keep to ourselves but to give it to others to enjoy and benefit from. The talents and gifts of others were meant for us to be blessed by. For some of us it can be a clear sight on what those talents and gifts may be and for others it takes a passion pursuit and an act of self-discovery to become aware of our special capabilities but in all, it can be determined that there are essential ingredients that shape our talents into existence.

“Genetics and family history are important. If one of your parents is talented in engineering, you may have inherited similar abilities. If a parent excelled in sports, you may have inherited athletic prowess. If your mom or dad is a singer, you may have interest in music. Many of our natural talents and abilities are a direct result of the gene pool”. (Cited by Dream Release Coaching, Track 2 Lesson 1: Self-Discovery by Dr. Samuel Chand). Wolfgang Amadeus Mozart, born in 1756 in Salzburg, Austria. was a prolific and influential composer of the classical era who composed over 600 works in his life time. Mozart’s Father, Leopold and Wife Nannerl were also musically inclined and when Mozart was a young boy, they would tour together in performing their music. Mozart would later have children of his own, Karl Thomas Mozart and Franz Xaver Wolfgang Mozart. Karl was a gifted piano player who later worked as an Accountant, but Franz was a composer and musician, like his father. This is a perfect example of how genetics and family history can play an important role in the cultivation of gifts in our children.

For others those gifts and talents take figuring out, discovering and nurturing. We can evolve in our talents through the people we hang around, by what we are taught or by pursuing our interest in what is fulfilling or makes us happy and content. The more we invest in the things that we enjoy doing the more conditioned we become in perfecting our craft. The more confident we become in sharing it with the world. Mike Tyson, Former world-renowned boxing champion fits this script perfectly. Tyson was abandoned by his Father at the age of two and was cared for in a single parent household by his Mother; however, his childhood was not without challenges, pain and suffering. As a troubled teen growing up in a high crime area “Tyson was enrolled at the Tryon School for Boys in Johnstown, New York, where he was discovered by the former boxer Bobby Stewart. Stewart trained him for a few months before introducing him to Cus D'Amato, the man who would launch Tyson into boxing greatness and become his legal guardian”. (Cited by, “Mike Tyson, His Childhood and Early Boxing Years, retrieved by, <https://bleacherreport.com/articles/523260-boxing-mike-tyson-and-the-early-years>). It is through this opportunity of coaching and mentorship that Tyson was able to discover his passion and work his craft to perfection. In time he grew to become one of the greatest champions in the boxing arena.

While genetics can be a jump start for some to harness their power and start early on in sharing their abilities with the world, for others it takes time to identify those gifts so they can be shared. When coaching a client to discover and develop their passions and gifts it is encouraging to help them to: take inventory of their God given abilities to offer to others, find the time to pursue freshly discovered passions, rediscover childhood interests, and reclaim interests, talents or gifts that makes time feel like its flown by.

### Take Inventory of Your God Given Abilities

Taking inventory of your God given abilities and identifying things you love to do or are good at is a great way to unearth potential passions. It is important to encourage the client to not be so concerned over what they find interest in or love as not being practical or common because we all have gifts and talents that may not be shared by those around us. This is what makes our gifts special. Asking the client, “What are you good at or what do you have a natural aptitude for? Are there things you like to do that you don’t think you’re that good at, that other people have complimented you on? “These questions can help in the discovery process of getting the client connected to their passion.

### Make the Time for Your Passion and Gifts

Finding the time to pursue freshly discovered passions is as equally important as discovering them. Whether it is writing, dancing, singing, public speaking, problem solving, storytelling, sports, photography or making new friends the list of passions are endless and tangible. The factor that comes into play after becoming aware of our gifts is the time, we plan to invest in doing the things we love to do. Making your passion a value and priority in life can help you overcome barriers and become a greater success in your craft as perseverance, prioritizing and focus are key components in bringing a gift to life. Just as we make time to do the things we have to do; it is vital to make time for the things that bring us joy as this adds a greater purpose and fulfillment in our life.

### Rediscover What You Liked to Do as a Child

A great way to connect with the things you love is to revisit the things you loved to do as a child when time gave you nothing to do but everything a child’s heart desired. From a child’s

perspective the world has no limit. There is exploration, adventure, curiosity and discovery.

Helping the client to think back on times when they experience the most joy and ask them what they were doing or were involved in during these moments will assist the client in reflecting on those times and rediscovering a gift that may have been forgotten or hidden.

#### Channel into What Caused You to Lose Track of Time

When we are caught up in doing something, we don't necessarily have great interest in doing it seems as though time drags by but when doing something fun and fulfilling it can be so enjoyable that we lose track of time. There is a song by Janet Jackson titled, "Funny How Time Flies When You're Having Fun". It is moments like this when you find yourself lost in the joy, where everything around you fades out, and the only thing that is happening is the pleasure and fulfillment permeating from the experience of your gift. When we can take our client to a place within themselves where it seemed as though time flew by and they hated to stop what they were doing we can help them see themselves back there again to reclaim the experience and fall in love with their abilities all over again.

As we coach our clients into discovering and developing passions and gifts, lessons can be learned in the importance what gifts are for and how we should use them. Having a gift does not require greatness. You do not have to be good at something for it to qualify as a passion. Passion is emotional and having passion in something that attracts you; having passion in something you appreciate doing is LOVE. Finding enjoyment and loving what you are doing is what qualifies passion where it is genetically gifted or self-discovered. It's like having a love for books but you cannot read very well. Not being able to read well does not take away from the love of books but if you practice your ability in reading the better at the craft you become. This

is an encourager for a client who may think they have to be perfect to have a gift to share with the world. Another lesson that can be greatly benefitted from is sharing how in sharing that gift its essential to know your intentions. “Gifts are dangerous without guiding principles and good boundaries. Motives matter”. (Cited by Dream Release Coaching, Track 2 Lesson 1: Self-Discovery by Dr. Samuel Chand).

As we share our gifts, we should analyze our moral compass for defects of selfishness, self-absorption, and self-centeredness to ensure we shine through a humbled heart. By doing this we can be strong in our giving be a good model for those on their own quest for self-discovery, awareness and purpose in life. Gift were made for giving, fulfilling and rejoicing. You don't have to ever earn a penny of income from it either. Talent can simply be a clue. When it comes to your passions, the only thing that matters is that you enjoy them. John Maxwell states, “God’s gift to me is my potential. My gift to God is what I do with that potential”. Our gifts were given to teach virtue to God’s people and be a model to His people. They were made to be given, not hidden.

#### References

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