

The 5-Minute Talent Visibility Assessment



STEP 1:

Read each
statement
carefully

STEP 2:

Check the
box if the
statement is
TRUE for you

STEP 3:

Tally up your
results out of
15 total

Get Started Below

SECTION 1: Self-Perception Gap

How you see yourself vs. how others see you

- ☐ 1. People often ask me for help with specific tasks, but I think they're easy or obvious
- ☐ 2. I'm surprised when others struggle with tasks that feel natural to me
- ☐ 3. Friends or colleagues describe me differently than I would describe myself
- ☐ 4. I downplay compliments by saying "Oh, anyone could do that"
- ☐ 5. I sometimes feel like I'm "faking it" despite clear evidence of my competence

**Section 1
Subtotal:**

__ / 5

SECTION 2: Hidden Strengths Indicators

Signs you have talents you're not recognizing

- ☐ 6. I lose track of time when doing certain activities
- ☐ 7. Colleagues consistently come to me for the same type of problem or question
- ☐ 8. I've been told I'm "too much" of something (too detailed, too direct, etc.)
- ☐ 9. The work that energizes me is different from what I list as "skills" on my resume
- ☐ 10. I feel frustrated when I can't use certain abilities in my current role

**Section 2
Subtotal:**

__ / 5

SECTION 3: Visibility Blockers

What's preventing others from seeing your value

- ☐ 11. I worry my strengths aren't "marketable" or "professional" enough
- ☐ 12. I spend more time trying to fix my weaknesses than leveraging my strengths
- ☐ 13. My LinkedIn profile or resume sounds like everyone else's in my field
- ☐ 14. When networking, I struggle to explain what makes me different or unique
- ☐ 15. I feel invisible or overlooked despite having strong credentials and experience

**Section 3
Subtotal:**

__ / 5

Your Total Score: __ / 15

What Your Score Reveals

If You Scored 0-5: High Talent Visibility

Your talents are relatively visible to you. You have a good sense of what you do well and can likely articulate your value when needed. Your challenge isn't discovery, but refinement.

You Might Be Considering:

- How do I position these strengths in a crowded market?
- How do I translate general abilities into specific offerings?
- How do I communicate your value in ways that attract ideal clients and/or opportunities?

If You Scored 6-10: Emerging Talent Visibility

You're aware of some of your strengths, but there are significant gaps in your self- knowledge. You likely, recognize 2-3 talents clearly but miss or minimize several others, or struggle to see how your talents connect to create your unique value

You May Tell Yourself:

- "I know I'm good at some things, but I can't see the full picture"
- "I get positive feedback but don't fully believe it"
- "I understand my strengths intellectually but don't feel them emotionally"

If You Scored 11-15, Hidden Talent Potential

Your greatest assets are largely invisible to you. This can cost you career opportunities, income potential, confidence, satisfaction, and/or fulfillment with your work or personal life.

You Might Feel Like:

- You can't advocate for yourself because you don't recognize what makes you stand out.
- You don't know what path to take in your career or life.
- You doubt yourself in spite of evidence of competence.



Turn Your Insights Into Action

This assessment is just the start. Discover your untapped potential, explore coaching options, and see how fully realizing your strengths can boost your confidence, impact, and career growth. Work with a certified coach who guides you toward meaningful results every step of the way.



Book A Free Introductory Call