

# Harness Your Natural Strengths

*Christian Verny*

When I was 12, I went to an evening conference with my father. I'll always remember the person who presented a rocket launch with a video recorder, showing the audience the launch step by step. The presenter spoke in great detail, showcasing the presentation with a computer to give it more lively detail. I wasn't as interested in the myth of going to the moon, rather I was more fascinated by the capabilities of what a computer could provide. This was the beginning of personal computers coming in the household.

## **Being aware you are unique**

A few weeks later, I found a store selling computers in my city. After school, we went to the store and using one of the machines we were able to write few lines of code. A new story started, and we found some magazine with instructions on how to manage these types of machines.

Months later, my father bought the first computer for the family. It was without surprise to us all, that I was the one using it most of the time. I had unique capabilities with computers that even I didn't understand at such a young age. I studied math and then Information Technology (IT), and in IT, and I never needed to work at it – it came naturally. It was an innate passion. This field became my career, and I made lot of money at it with total ease. I am so grateful to my father for giving me such an opportunity at a young age – and opening up so many possibilities.

What about you? Are you aware of your unique capabilities? What do you do or love more than anything else? Did you have

the opportunity to develop your strengths? If not, it's never too late to start.

## **Discover your natural strengths**

Sometimes when we are in the most desperate of situations, we discover something new, and if we give ourselves the chance, we can unlock a natural strength that we didn't even know we had.

What talent or natural ability do you have that you could harness? How this could your gifts be a contribution to yourself, to others and the world?

## **Being connected to the universe**

I have been an entrepreneur for more than 20 years – consulting and overseeing IT project management for several companies in Europe and other countries as well. I have also developed coaching sessions to help guide the people and projects I have managed.

You might be asking, what is the connection to IT consulting, coaching and doing energetic sessions? At first glance nothing. Except that I am doing it all with ease and my natural abilities.

Having these natural talents give me the opportunity to help entrepreneurs in an efficient way – both with IT tools, project management techniques, and assisting them in their personal life as well. By using my rational mind and non-rational mind for coaching and energetic sessions to heal when it's required and expand the energy of their life or their business.

What separation have you created between your personal life and your business? What if you could join these areas together?

## Using your strength to your advantage

The world is fast-paced and changes on a dime. Over the last 10 years, I have seen so many people suffer the ill effects of anxiety, stress, and burn-out. I want to encourage you to take a second look at your own life – what are your natural talents? And how could you use these to do what you love, while also creating opportunities to be unique, help others, and make money at the same time?

When will you start to use your natural strengths to your advantage?

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**About the Author:** Christian Verny has been an IT consultant for over 30 years and has managed hundreds of projects for various companies in France and around Europe. In 2016 he discovered Access Consciousness and a new way of being, and today he is a Joy of Business Pioneer, overseeing all IT courses and topics for Joy of Business. Naturally rationally mind, calculated and organized, Christian felt a new energy when he realized the power of seeing wider possibilities instead of doing business, relationships – and indeed life – in the exact same way for decades. Christian is also a personal development coach and Access Consciousness Certified Facilitator for specialty classes including Joy of Business and Right Voice for You.