

How to identify your strengths

1. Strengths-spotting	<ul style="list-style-type: none">• What activities or tasks can you do for long periods without feeling bored or exhausted?• What are you doing when you lose track of time?• Imagine that all your financial needs were taken care of, for the rest of your life. How would you fill your days?
2. Ask for feedback	<ul style="list-style-type: none">• Ask your manager – what do they count on you to bring to your work and your team?• Talk to your colleagues – what do they value about who you are and how you work?• Ask your friends and family. What do they notice you are really good at and love to do?
3. The VIA survey	<ul style="list-style-type: none">• The VIA survey is a free online survey that looks at 24 “character strengths”• You can take it any time, and as often as you like.• Head to https://www.viacharacter.org/ and set up your free account to get started• Reports with ideas on exploring and applying your strengths are available for purchase <p><i>Note: I am not affiliated with the VIA Institute. I recommend their survey as I have found it personally beneficial.</i></p>
4. Strengths Profile	<ul style="list-style-type: none">• The Strengths Profile is an online assessment that reveals your realised and unrealised strengths, learned behaviours and weaknesses.• You receive a summary report detailing your top strengths, learned behaviours and weaknesses (Introductory Profile) or a comprehensive report showing all your strengths, learned behaviours and weaknesses.• As an Accredited Strengths Profile Practitioner, I can help you through the process from start to finish.<ul style="list-style-type: none">○ I’ll get you set up with the assessment○ Then, we’ll review your report together○ I’ll help you discover how you can use your strengths to super-charge your life and work○ We’ll keep in touch to celebrate success and make tweaks so you can keep honing your strengths• Contact me to find out about the packages I offer and how you can get started <p>This tool has helped tens of thousands of people around the world to energise their life and work, find greater meaning and purpose in what they do, and discover their super-powers. I have experienced first-hand the power of the Strengths Profile to boost confidence and build the courage to try new things and do great work.</p>