Unpacking your strengths

Gateway 2017
What are strengths?

Talent \times Investment = Strength

- A **talent** is a naturally recurring pattern of thought, feeling, or behavior that can be productively applied

- **Investment** in talents includes time spent practicing/developing your skills and building your knowledge base

- A **strength** is the ability to consistently provide near-perfect performance
What makes you unique?

- Chance of same Signature Themes, less than 1 in 275,000
- Chance of same Signature Themes, in the same order, 1 in 33 million
- No two Signature Themes will look exactly the same in two different people
Why Strengths?

Strengths

Hope

Engagement

Wellbeing

Academic Success
Why Strengths for students?

- Wrong to strong
- Self-awareness
- Common language
- Tools for conflict resolution and decision-making
- Focus on success
If students utilize strengths...

- **6x** as likely to be engaged in their current environment
- **More productive** both individually and in teams
- **3x** as likely to say they have an excellent quality of life
• Additional resources available on website
  ○ Create an action plan to enhance strengths
  ○ Click on Resources heading in lefthand column to find more information