

ALL 24 STRENGTHS

Emotional Strengths



Courage: You take on challenges and face risks by standing up for what you believe.



Emotional control: You are aware of your emotional “triggers” and how to control these to remain calm and productive.



Enthusiasm: You demonstrate passion and energy when communicating goals, beliefs, interests or ideas you feel strongly about.



Optimism: You remain positive and upbeat about the future and your ability to influence it to your advantage.



Resilience: You deal effectively with setbacks and enjoy overcoming difficult challenges.



Self-confidence: You have a strong belief in yourself and your abilities to accomplish goals.

Relational Strengths



Collaboration: You work cooperatively with others to overcome conflict and build towards a common goal.



Compassion: You demonstrate a deep and genuine concern for the well-being of others.



Developing others: You promote other people’s learning and development to help them achieve their goals and fulfill their potential.



Empathy: You readily identify with other people’s situations and can see things clearly from their perspective.



Leading: You take responsibility for influencing and motivating others to contribute to the goals and success of their team and organization.



Persuasiveness: You are able to win agreement and support for a position or desired outcome.



Relationship building: You take steps to build networks of contacts and act as a “hub” between people that you know.

Thinking Strengths



Common sense: You make pragmatic judgements based on practical thinking and previous experience.



Creativity: You come up with new ideas and original solutions to move things forward.



Critical thinking: You approach problems and arguments by breaking them down systematically and objectively.



Detail Orientation: You pay attention to detail in order to produce high quality output, no matter what the pressures.



Strategic Mindedness: You focus on the future and take a strategic perspective on issues and challenges.

Execution Strengths



Decisiveness: You make quick, confident and clear decisions, even when faced with limited information.



Efficiency: You take a well-ordered and methodical approach to tasks to achieve planned outcomes.



Flexibility: You remain adaptable and flexible in the face of unfamiliar or changing situations.



Initiative: You take independent action to make things happen and achieve goals.



Results focus: You maintain a strong sense of focus on results, driving tasks and projects to completion.



Self-improvement: You draw on a wide range of people and resources in the pursuit of self-development and learning.