

Strengths – Deep dive

Additional material

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Your Strengths – read the report

TOP 5 STRENGTHS	WHAT PART OF THE STRENGTHS DESCRIPTION CORRESPONDS BEST TO YOU?	WHERE DO YOU APPLY IT? WHAT'S EASY FOR YOU WITH THIS STRENGTH?
1.		
2.		
3.		
4.		
5.		

CREATE your Strengths Profile

Part 1: Individual work "The story of my strengths and talents":

- How does my talent profile describe me on the basis of the 5 special talents?
Please write down your 5 talents on one post-it each and then fitting keywords from the talent descriptions.
- How does my talent profile reflect everyday (work) life? What do other people say about me?
Please write down examples on the flip chart.
- Integrate all these aspects on flipchart (create a picture) reflecting also links between your talents.
- Give your talent picture a metaphorical title (if you would write a book or make a film about it).

Reflect with another person





Strategies for developing strengths and managing weaknesses

Communicate openly / create transparency

Use strengths consciously

Develop complementary partnerships

Use auxiliary systems

Appropriate training

Set reasonable standards and just do it

Adapt / change role

Living your talents: Possibilities for developing strengths



Read the ideas for action in your StrengthsFinder Book or the VIA report.



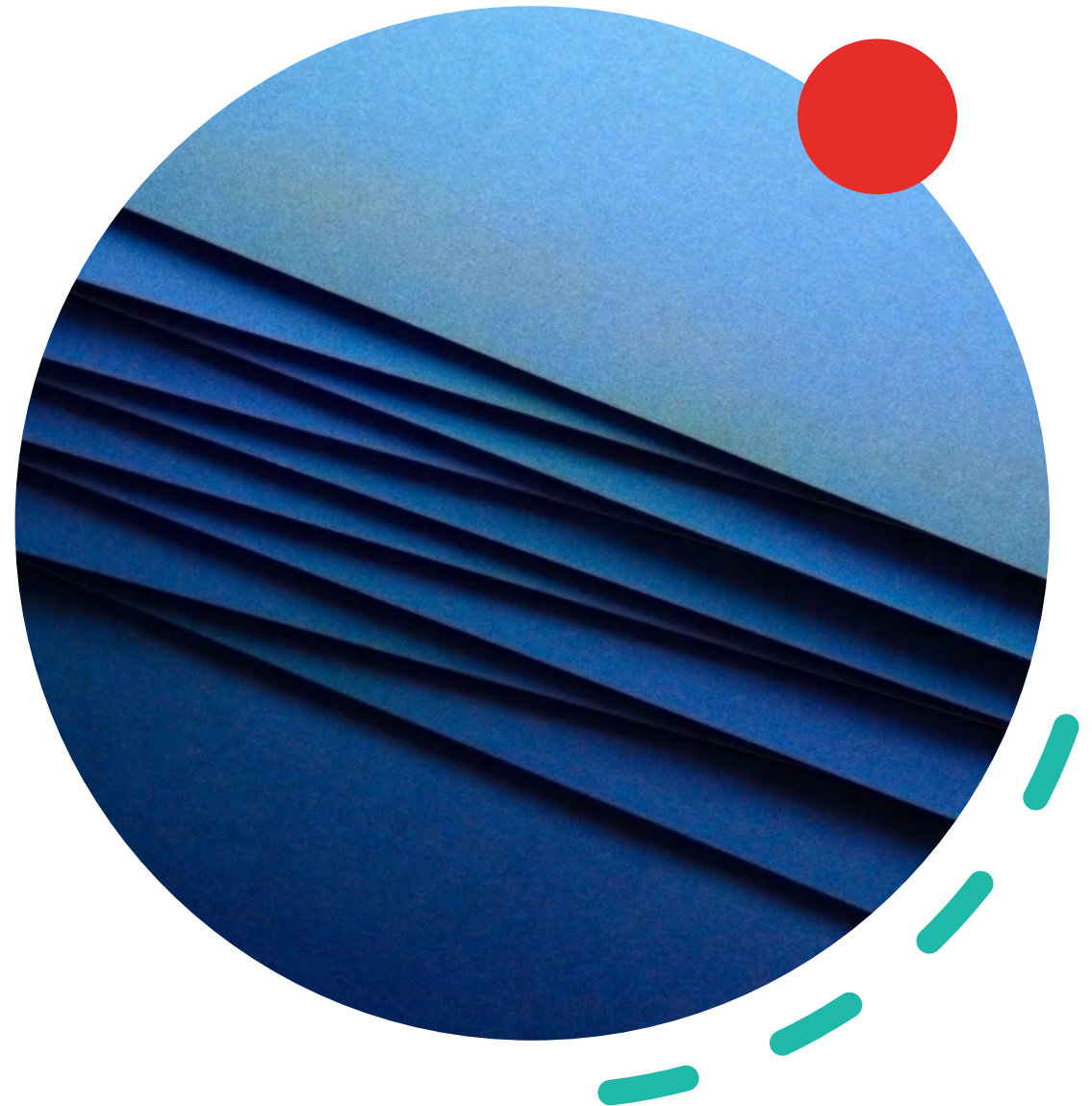
Exchange views with a friend about the ideas that could be most effective for you.



Brainstorm and develop ideas and possibilities for how you can strengthen your strengths and develop your potential.



Write down the best ideas as inspiration for your later specific transfer and development planning:



Development of talents and strengths

Through what activities and further education steps do you want to develop your talents and strengths in the next years?

Write down specific activities (e.g., new tasks, collaboration on projects, further education activities ...)

What would you like to do to further develop your strengths?

Who could support you?

Top 5 theme	Development activities
1.	
2.	
3.	
4.	
5.	