

# Strengths Exercise

## The strengths you bring

Identifying your own individual 'strengths' is a good way to self-encourage and regain self-confidence. As a team we have so many strengths to combine, our individual strengths can complement each others; they are the cement that holds a team together. Sharing strengths within a team can open up valuable reflection and discussion as strengths words are extremely powerful.

Ask yourself 'Which strength words resonate most with me and my role?' 'What strengths do I bring to my role?'. As a team you could consider individual team members identifying their strengths and then collating to produce a creative team 'wall of strengths'.

Team strengths can also be considered. Each member of the team could be asked to self-reflect and share the strengths they see within the team, to spot those strengths.

**INTELLIGENCE** · INDEPENDENT · **VERSATILE** · LOGICAL · **OBSERVANT**  
 RESPECTFUL · **TOLERANT** · AMBITIOUS · **PATIENT** · DISCIPLINED  
**DETERMINED** · FRIENDLY · **DEDICATED** · IDEALISTIC · **PERSUASIVE**  
 PASSIONATE · **WARM** · ADVENTUROUS · **OPEN** · FORCEFUL · **HUMOUR**  
 SPONTANEOUS · **SPIRITUALITY** · LEADERSHIP · **GRATITUDE** · PRUDENCE  
**FORGIVENESS** · HUMILITY · **SERIOUS** · LIVELY · **SELF-ASSURED**  
 GENEROUS · **PRACTICAL** · CARING · **OPTIMISTIC** · ACCURATE · **HOPE**  
 TEAMWORK · **MODESTY** · FAIRNESS · **KINDNESS** · PERSISTENCE  
**VITALITY** · LOVE OF LEARNING · **TRUSTWORTHY** · LOVE · **APPRECIATIVE**  
 ENCOURAGING · **BRAVERY** · PERSPECTIVE · **INTEGRITY** · SYMPATHY  
**HONESTY** · TACTFUL · **EMPATHY** · SOCIAL INTELLIGENCE · **MOTIVATED**  
**OPEN-MINDEDNESS** · CURIOSITY · **CREATIVITY** · FLEXIBLE