

Team-Building Activity: Strengths Sharing

Great teams understand and appreciate one another's talents and nontalents. Each person on the team knows what drives them and what drains their energy and effectiveness. Strengths gives teams a common language to talk about how everyone can collaborate and perform effectively.



Use this activity to reflect on and describe your strengths so others can better understand them.

1) Your Favorite Strength

Think about one of your top five CliftonStrengths that you **love**. What do you appreciate about this theme?

How do you see yourself using this strength day-to-day?

2) Your Frustrating Strength

Think about one of your top five CliftonStrengths that tends to **frustrate** you or others. Why do you think this theme can be challenging?

How have you seen this strength get in the way?

3) Your Friends' and Colleagues' Strengths

Think about a strength that a colleague has in their top five that you **appreciate**.

How do you see yourself relying on this person and that strength?



You can share and compare your strengths with others in Gallup Access.