



Understand Your Strengths!

StrengthsFinder Assessment review

Career & Professional Development

ST. CATHERINE UNIVERSITY

Before we start...

- [Review your Strengths Insights report](#)
- Identify how your strengths are represented in the [4 Leadership Domains](#)

Agenda

Review

- Learn what is StrengthsFinder

Awareness

- Reflect on your results
 - Articulate your unique strengths
 - Identify Your Leadership Domains
- Share & learn from your peers

Activate

- Identify action steps

Career Competencies

- **Leadership & Collaboration:** learn how you lead naturally and understand how you can best collaborate with others
- **Communication:** share how you use your Strengths with classmates
- **Critical Thinking and Decision Making:** Learn how to research and identify opportunities to build on your strengths
- **Career Management & Adaptability:** Learn how to articulate the skills you bring to an employer

[The Career Competencies](#) are the skills that employers are wanting students to have when they apply for internships and jobs.

Learn more about these competencies so you can describe to employers all the ways you've learned these skills throughout your courses and **VERSITY** activities at St. Kate's.

What is StrengthsFinder?

- **34 Strengths Themes:** What goes right when people succeed
- 278, 256 unique combinations of top five themes

What is CliftonStrengths?

Talent Awareness and appreciation of your talents

X

Investment Practice using and developing skills and knowledge

=

Strength Consistent, near-perfect positive performance

Example: Woo

Talent: enjoying the challenge of making a connection with new people

Strengths: the ability to consistently build a network of supporters who know you and are prepared to help you

About your report



ST. CATHERINE UNIVERSITY

Turning Talent into Strength

What we pay
attention to

grows



@NURSING.THE.SYSTEM

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Why Strengths? - Signature Activity

Find a pen and a piece a paper

Awareness: Reflect on your Result

Briefly describe a recent success you've had.

Which one(s) of your CliftonStrengths play a role in this success?

Share back

- What are 2 strengths your group discussed. What does these strengths look like in real life.
- Any common strengths in your group? How do you use it in similar and different ways?

The 4 Leadership Domains

- Patterns of how you lead
- Better understand your teammates
 - What are they great at? What am I great at? Where do we both struggle?
 - Know how to best work with others
- [Learn More](#)

Strengths Leadership Domains- What is it?



EXECUTING	INFLUENCING	RELATIONSHIP BUILDING	STRATEGIC THINKING
<p>People with dominant Executing themes know how to make things happen.</p>	<p>People with dominant Influencing themes know how to take charge, speak up, and make sure the team is heard.</p>	<p>People with dominant Relationship Building themes have the ability to build strong relationships that can hold a team together and make the team greater than the sum of its parts.</p>	<p>People with dominant Strategic Thinking themes help teams consider what could be. They absorb and analyze information that can inform better decisions.</p>
<p>Achiever Arranger Belief Consistency Deliberative Discipline Focus Responsibility Restorative</p>	<p>Activator Command Communication Competition Maximizer Self-Assurance Significance Woo</p>	<p>Adaptability Connectedness Developer Empathy Harmony Includer Individualization Positivity Relator</p>	<p>Analytical Context Futuristic Ideation Input Intellection Learner Strategic</p>

Communicate to your team

Based on your individual strengths descriptions, and your dominant Leadership domains

- How I can best contribute to a team?
- What do I need from my team?
- What people misunderstand about me?

Example: Positivity (Relationship)

- **How I can best contribute to a team?**

Thrive at building a positive team environment, helping a team navigating interpersonal challenges

- **What do I need from my team?**

Team that also value the sense of a strong community

- **What people misunderstand about me?**

The search for silver lining might be viewed as not recognizing the extent of the challenges.

Share back

- What is a new Strengths that you learned? What surprised you about this strengths?

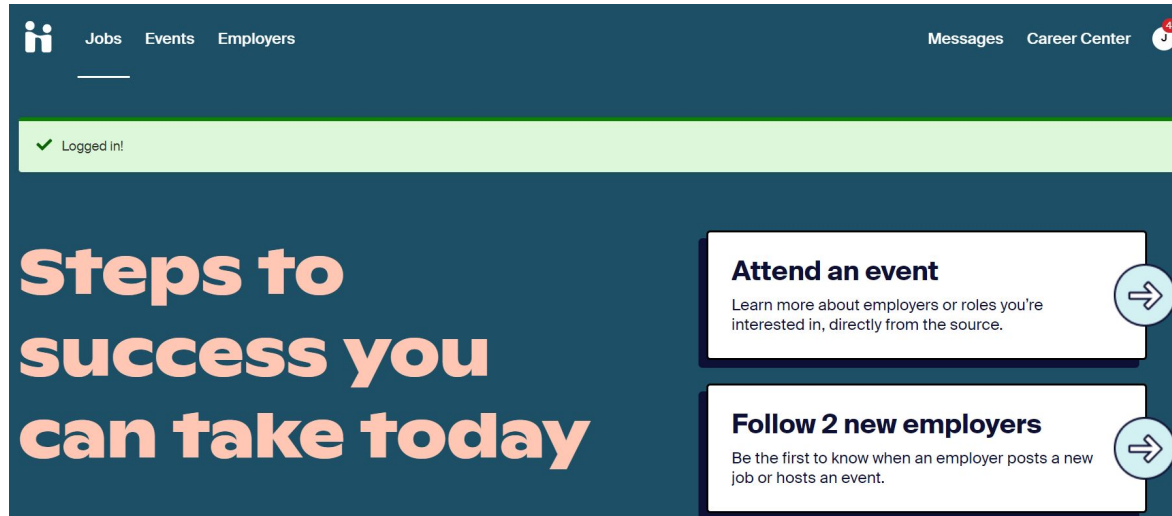
How to use your Strengths result?

1. Evaluate career options
 - a. Complete [PathwayU](#) career assessment.
 - b. [Talk to someone working in your field of interest.](#) Are you able to actively use your strengths in these careers?

2. Seek experience to build on your strengths
 - Review your Action Guides in the Insights Report
 - See sample activities in notes
 - [Career Competencies & Gaining Experience checklist](#)
 - Find on or off-campus positions on [Handshake](#)

Handshake

Find on-campus and off-campus opportunities, career events, schedule career appointment, & more!



How to use your Strengths result? cont.

3. Create a “[user manual](#)” when you join a new team
 - What I need & What makes me tick?
4. Practice communication with family & friends
5. Interview prep
 - Tell me about your strengths.

Activity: Interview questions prep

Q: Tell me about 1 of your strengths.

- Review key skills related to the position
- Choose 1 that fits your strengths
- Share an example when you used this strengths

How can Strengths change your life?



Want to learn more about your Strengths?

- Share your result w/ ppl you know!
- Explore StrengthsFinder dashboard
- More questions? Check out [the FAQ page here](#)
- [Productive & barrier description](#)

Wrap up: What will you do?

Reflect on what you learned, and identify what you will do next.

Write down 1 idea you will explore, and when you will complete this action.

Complete Post Survey



Career Development is Here to Support You!

- All services are offered virtually!
- Visit <https://katiecareercvc.stkate.edu/>
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- Email askcareer@stkate.edu
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