



#2: Understanding Your Top 5 Strengths

Question: When have you intentionally tried to improve at something?

A “talent theme” is a combination of like talents. “Talent” is naturally recurring patterns of thought, feeling, or behavior that can be productively applied. A “talent domain” is a category of talents that describes your general contribution when working with others.

A “strength” is the ability to consistently provide near perfect performance in a specific activity.

The way to turn a talent into a strength is to add skills, knowledge, and practice.

Harriet Tubman was an American abolitionist whose actions freed more than 1,000 slaves. From her life, you can see how she may have used her talent themes.

Question: What might have been some of her top CliftonStrengths talent themes?

Your top five themes are called your “signature themes.” Pay attention to the collection of your five themes, not the order, what’s present, and ways they may not be strengths yet.

To access your Top 5 report, log into Gallup Access, click on “View Your CliftonStrengths Reports,” and click on “CliftonStrengths Top 5 Report.”

Your Top 5 Report is full of useful information like customized theme insights, theme dynamics of how your themes work together, action items, and practical advice to develop your strengths.

A next step is to download your Top 5 report and pay attention to what resonates with you.

Question: What did you learn about yourself from this session?