

Summary of Webinar Key Points

Strengths Knowledge



Something we are good at and enjoy



There many personal and professional benefits



We all have each of the 24 strengths, position of each strength is unique to you

Strengths Use



Align your strengths to the tasks you need to complete



Use the right strength, to the right amount, in right way, at the right time



Create a daily strengths habit

Strengths Spotting



Understand the contribution of others, increase positive diversity



Build better relationships



Match the person | strength | task