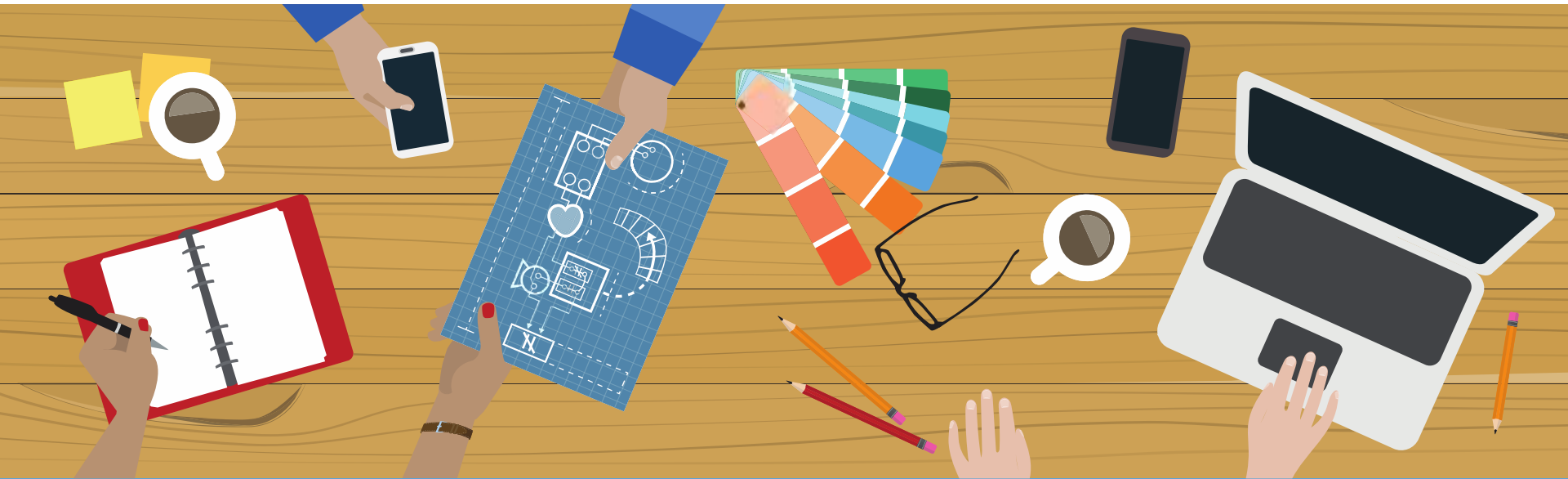


# thriveatwork



E4- Brave Souls

Essential Power

@thriveworkteam

[thriveatworkteam.com](http://thriveatworkteam.com)

# Essential Power

Know and grow your 5 signature strengths so you can thrive in your work.



# What Are Strengths?

Inner resources we draw from that support our success

“Psychological ingredients of goodness”

Skills, abilities, knowledge, expertise and qualities



# Strengths in Others



Think about people in your life or in the world who you look up to, consider role models.

What strengths do they have that you admire?

# Stories

Stories are the richest source of understanding and appreciating our strengths through our experiences

Shared stories about our achievements and strengths build connections of mutual trust and belonging and respect



# At My Best

Think about a time when you've been at your best; a time when you were feeling alive, "on", the best version of you.

Get specific: Think about what it was like, what was happening, who was there...



# “At My Best” Strengths

1. List the strengths you experienced in yourself in that story
2. List the strengths you heard from others who listened to your story

# A Challenge

Think about a time in your life when you've experienced a big challenge; something that you successfully survived.

Get specific: What was that like? What was happening? Where were you? What was there?





# “Survival” Strengths

1. List the strengths you experienced in yourself in that story

1. List the strengths you heard from others who listened to your story:

# Top 5 Strengths

Circle the strengths that:

1. Show up most consistently
1. Resonate with who you know yourself to be
1. The ones that are already strong that you want to grow even more

# Navigating with Strengths

- Anchoring
- Strengths Practice
- Strengths Journal
- Choosing the right strength at the right time



# Navigate a Current Challenge

Think about a challenge or a question you're working with right now.

1. Which of your strengths could support you showing up as your best through this challenge?
1. How could you use your strength to begin navigating your question or challenge? What are the first steps you could take using your strength?
1. What could life look like if you engaged your strengths through your challenge or question?

# Strengths and Work



# Resources

Thank you for joining us!

For more resources on essential power, visit the E4 page of our website:

[www.thriveatworkteam.com/E4](http://www.thriveatworkteam.com/E4)

Twitter: @thriveworkteam

Email: Connect@thriveatwork.com

Facebook: Thrive At Work Team

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