

Strength Quadrant Directions

1. Read through the phrases in each quadrant
2. Place a check in from of 5-7 phrases that best describe you
3. Find a partner and share with the partner the phrases you checked off and how those qualities show up in your life (2 minutes for each person)

Overview of Characteristics of Each Strengths Quadrant:

DOER

Bring strong powerful movement towards a goal
Like structure, timelines, "to do" lists
It's about the result and doing things "right"
Teamwork with other Doers
Get to business and clear communication of goals

HUMAN GLUE

Bring connection, unity and inclusion to a project
Good at understanding how others feel
Hold the team together
Call out the potential they see in others
Warm and open in communication

CHEERLEADER

Bring energy and momentum to projects
Can create teams and rally people behind a cause
Bold truth tellers – say what they see and let the chips fall
Bring the "Fun Factor" to an event
Eager to share their opinion

THINKER

Bring to the project ideas, plans, results, thinking, data, information and careful calculations
Conversations are detailed
Can see where a project has to go and pieces fit together
Theories and philosophy are important
Expresses interest and excitement over ideas