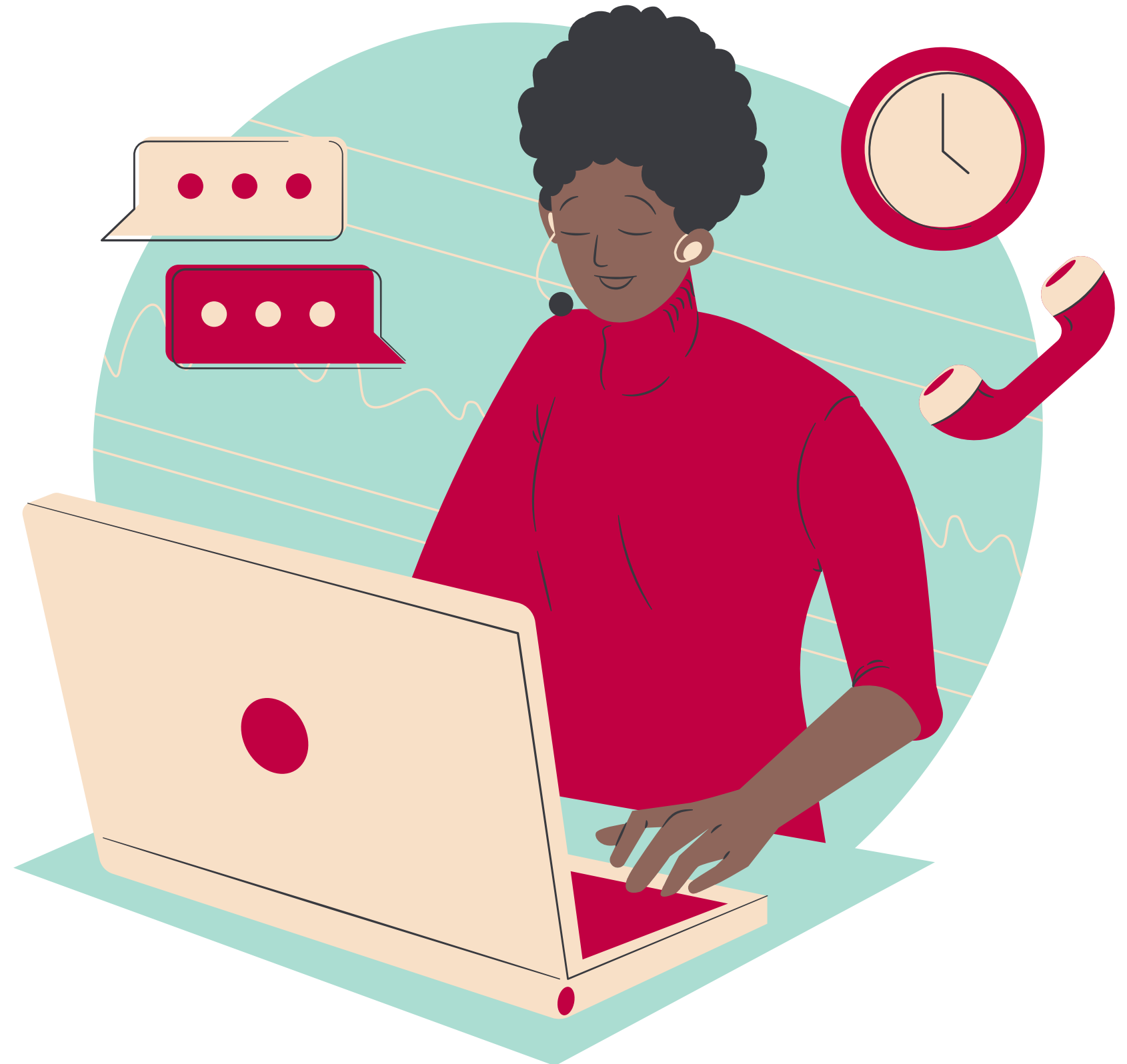


The research is clear:  
character strengths are your  
unique pathways to those  
positive goals people pursue  
in life.

*VIA Strengths*



# Why are we doing this today?

## Amplifying the positive, reframing the negative

Strengths have been connected with many benefits that help us amplify the positive in our life. Reflecting on our strengths can also help us offset those negative experiences.

## Applying strengths as a leadership tool in Rotaract

Understanding and using the strengths can be a handy leadership tool in your role as a club leader:

- Understand what you do best and why
- Understand how to best manage your energy and when to delegate
- Learn how to best work with your team

# What are strengths?

## The 24 Strengths

Scientists discovered a common language of 24 character strengths make up what's best about our personality. Everyone possesses all 24 character strengths in different degrees.

## What are character strengths?

Your character strengths are the qualities that come most naturally to you. When you know your strengths, you can improve your life and thrive.

# Signature strengths

## *Your superpower*

Signature strengths are the strongest or most prominent in your own strengths profile (take the free VIA Survey to get your strengths profile). Ultimately, they are likely to be the strengths that matter most to you, that are most central to your personal identity.

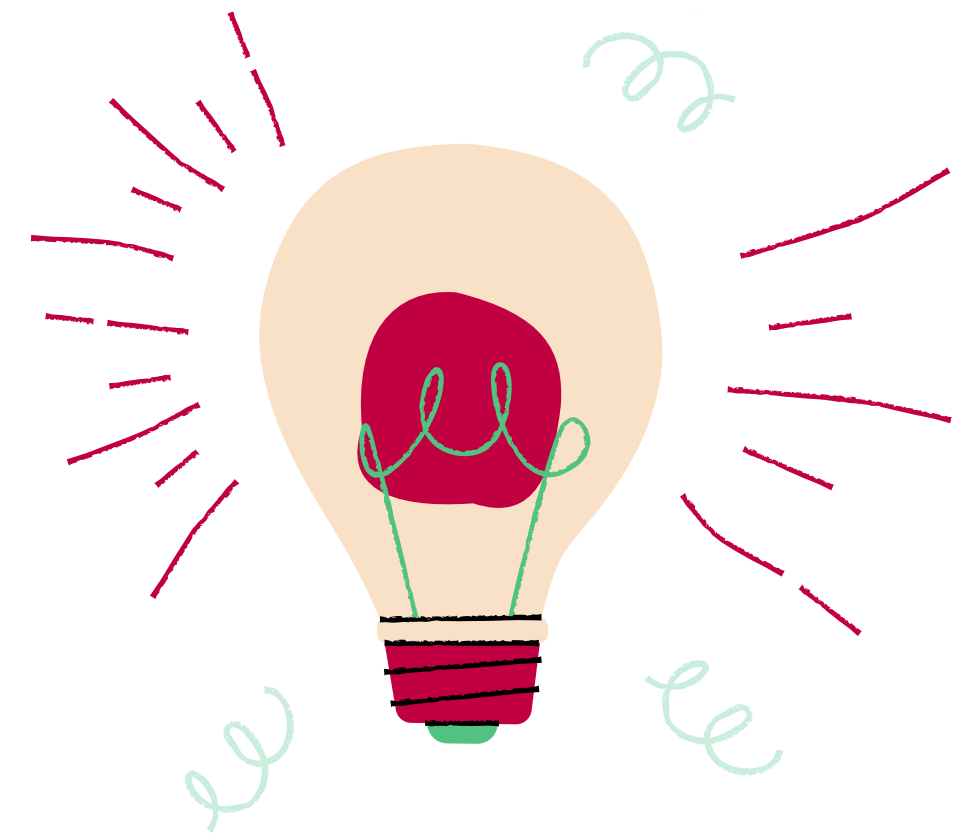
- Essential: the strength feels essential to who you are as a person.
- Effortless: when you enact the strength you feel natural and effortless.
- Energizing: using the strength uplifts you and leaves you feeling happy, in balance and ready to take on more.

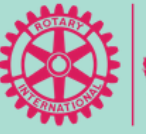
We forget to take notice of our best strengths and find ways to let them loose in our lives.



# Understanding your strengths

- What did you find most interesting about your signature strengths?
- How do the results fit you?
- What did you find most surprising?
- Which strengths might you overuse or can become your 'hot buttons'?
- What could you focus on more?





Take the time to  
understand the people  
you're working with.

*team management*

# Strengths mapping example

## *team management*

President: **Fairness**, Honesty, **Judgement**, **Love**, **Bravery**

VP: **Appreciation of Beauty & excellence**, **Kindness**, **Gratitude**, **Fairness**, **Love**

Secretary: **Judgement**, **Creativity**, **Appreciation of Beauty & Excellence**, **Kindness**, **Humour**

Treasurer: Hope, Leadership, Prudence, Self-Regulation, **Fairness**

Director A: Curiosity, **Humour**, **Bravery**, **Love**, Zest

Director B: Perspective, Teamwork, Social Intelligence, **Fairness**, **Kindness**

Director C: **Kindness**, **Love**, **Creativity**, **Appreciation of Beauty & Excellence**, **Gratitude**

# Working as a team

How are we harnessing our strengths as a team?

Do we understand how we all work and what we need from each other?

Do we understand our 'gaps'?

How are we communicating and motivating each other?

(Weaving your strengths into your goal setting)





# Strengths in Rotaract

Understanding and using the strengths can be a handy leadership tool in your role as club leader:

- Understand what you do best and why
- Understand how to best manage your energy and when to delegate
- Learn how to best work with your Presidents and District teams
- Understand how to navigate conflicts with more clarity

Everyone has their different strengths and everyone brings something unique to the role and to a team.