

Starter Profile

Realised Strengths

Use wisely

Unrealised Strengths

Use more

Learned Behaviours

Use when needed

Weaknesses

Use less



Legacy

You care deeply about future generations and seek to leave a legacy through everything you do



Persuasion

You are extremely effective at convincing others and bringing them around to your point of view



Humour

You love making people laugh and look for every opportunity to do so



Growth

Whatever you are doing, you try to look out for ways to develop yourself further



Empathic

You tend to have a natural connection with other people



Explainer

You like to simplify things so that a wide range of people can easily understand them



Courage

While you may well feel afraid at times, you have learned to try to face up to and overcome your fears



Centred

You have learned to remain grounded in whatever situation you find yourself



Adherence

You are not the sort of person who is motivated by carefully following guidelines and rules

Learn more about the 60 strengths featured in Strengths Profile

**Action****Adaptable****Adherence****Adventure****Authenticity****Bounceback****Catalyst****Centred****Change Agent****Compassion****Competitive****Connector****Counterpoint****Courage****Creativity****Curiosity****Detail****Drive****Emotional Awareness****Empathic****Enabler****Equality****Esteem Builder****Explainer****Feedback****Gratitude****Growth****Humility****Humour****Improver****Incubator****Innovation****Judgement****Legacy****Listener****Mission****Moral Compass****Narrator****Optimism****Organiser****Persistence****Personal Responsibility****Personalisation****Persuasion****Planner****Prevention****Pride****Rapport Builder****Relationship Deepener****Resilience****Resolver****Self-awareness****Self-belief****Service****Spotlight****Strategic Awareness****Time Optimiser****Unconditionality****Work Ethic****Writer**

Develop Your Strengths Further

Upgrade your Profile



I Introductory Profile

Strengths quadrant revealing up to:

- 7 realised and 7 unrealised strengths
- 4 learned behaviours
- 3 weaknesses
- Descriptions and development advice for each of the above
- **Your Potential** action advice and tips to use and develop your unrealised strengths to release your potential
- **Careers Guide** revealing 8 job sectors that match your strengths so you can make conscious career choices and love your job



E Expert Profile

A more detailed Profile including:

- Your 60 strengths revealed within the 4 quadrant categories
- Your 60 strengths revealed within the 5 strengths families
- **Your Potential** action advice and tips to use and develop your unrealised strengths to release your potential
- **Careers Guide** revealing 8 job sectors that match your strengths so you can make conscious career choices and love your job

Further Resources



The Strengths Profile Book

An in-depth guide helping you to use the language of your strengths and development of those strengths further

[Find out more](#)



Best SELF

Free 'Be your Best SELF' resources including reading, videos and worksheets to continue your strengths journey

[Find out more](#)