

The goal of this activity is to connect with others and gain a deeper understanding of different strengths, especially those that may be less familiar or interpreted differently by others.

Steps

1. Pair Up: Participants will pair with another person.
2. Share Strengths: Each person selects one of their Top 5 strengths and shares with their partner how this strength plays out in their life. The other person does the same.
3. Swap Pairs: After each conversation, participants will form a new pairing.
4. Optional Challenge: If competitive, try to gather descriptions of strengths from as many different people as possible. If not, focus on deepening your understanding of strengths through meaningful conversations.

Duration: The activity can be adapted to last between 15 and 45 minutes, depending on the available time.

Strength	Person	Look, Sound, Feel
Achiever		
Activator		
Adaptability		
Analytical		
Arranger		
Belief		
Command		
Communication		
Competition		
Connectedness		
Consistency		
Context		
Deliberative		

Strength	Person	Look, Sound, Feel
Developer		
Discipline		
Empathy		
Focus		
Futuristic		
Harmony		
Ideation		
Includer		
Individualisation		
Input		
Intellection		
Learner		
Maximiser		
Positivity		
Relator		
Responsibility		
Restorative		
Self-Assurance		
Significance		
Strategic		
Woo		