

# Strengths Virtual Discovery

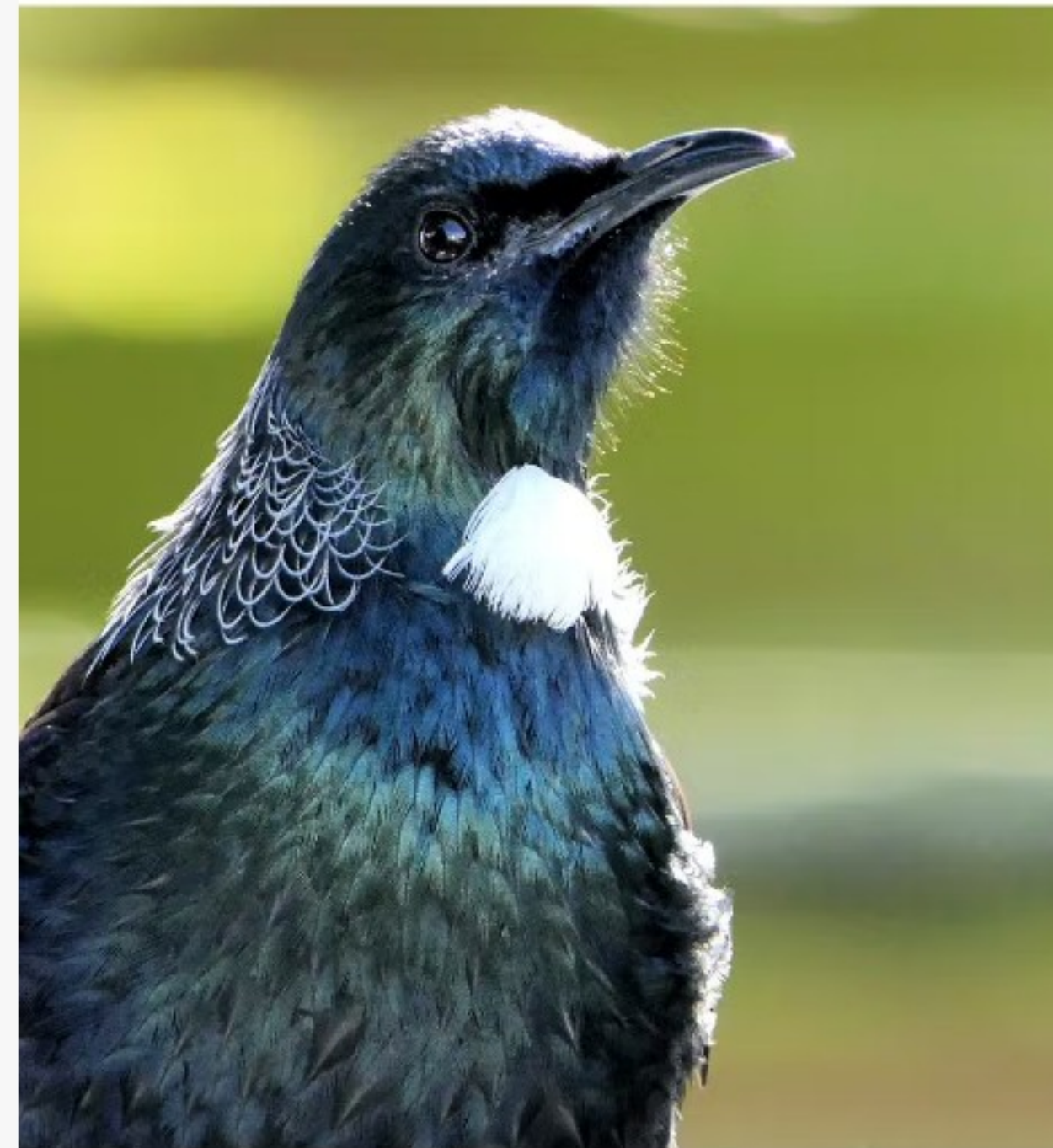


# Instructions



# E koekoe te tūī, e ketekete te kākā, e kūkū te kereru.

The tūī squawks, the kākā chatters, the kereru coos. It  
takes all kinds of people.







**Strategic, Developer, Achiever,  
Maximiser, Arranger, Belief, Activator,  
Responsibility, Positivity,  
Individualization.**

# Antonia Milkop

- 20+ years experience in the UK and NZ public sector.
- Now running my own coaching and facilitation practice.
- My mission is to ignite potential in individuals and teams, so they can flourish and thrive.

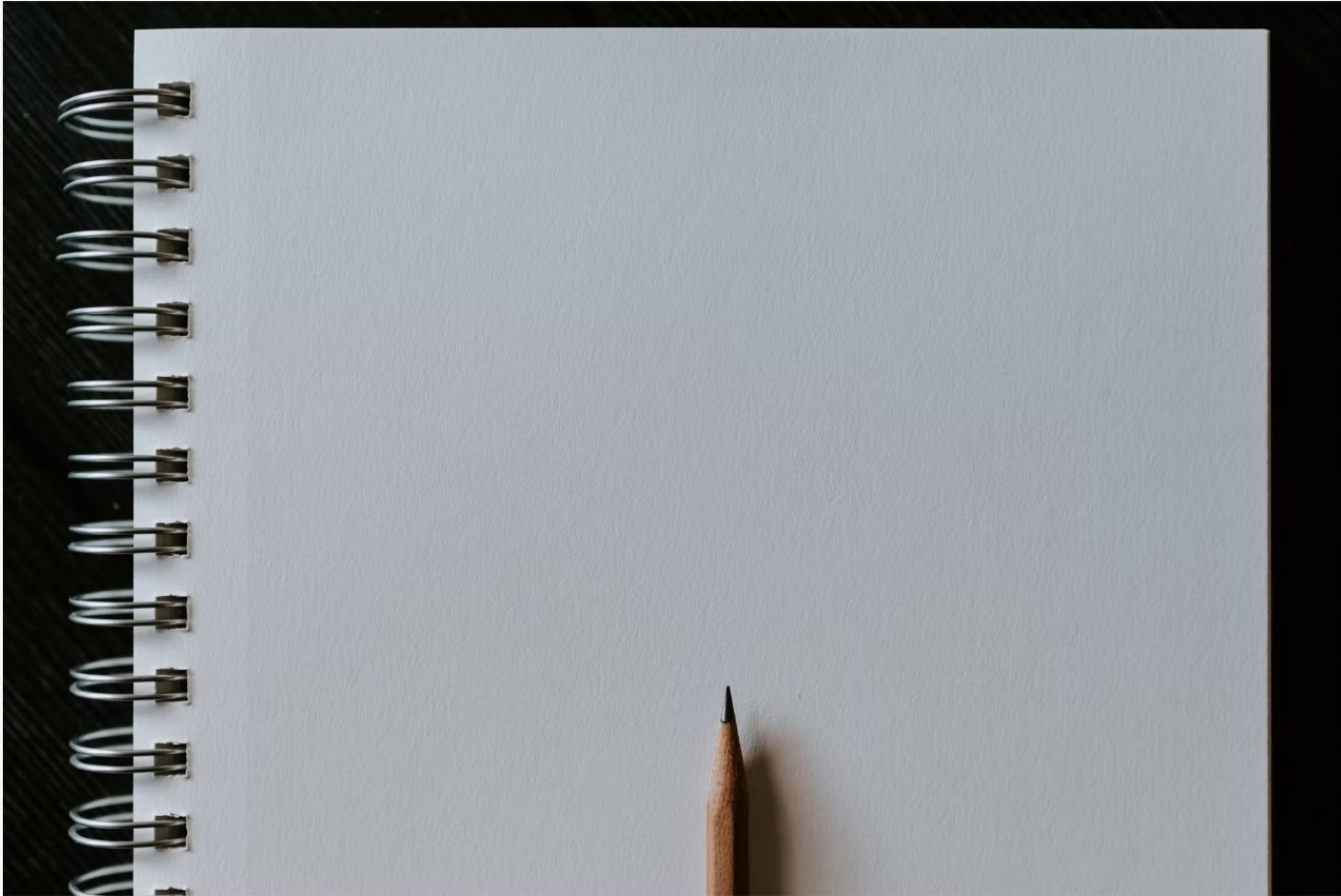




# How are you feeling today?

introspective  
energised  
engaged  
calm  
recovering from covid  
motivated  
excited to meet you all  
interested  
fuzzy  
tired  
frustrated  
exhausted





So how do you use your strengths?



# What do you hope to get out of today's workshop?

3



# How well do you know your strengths?



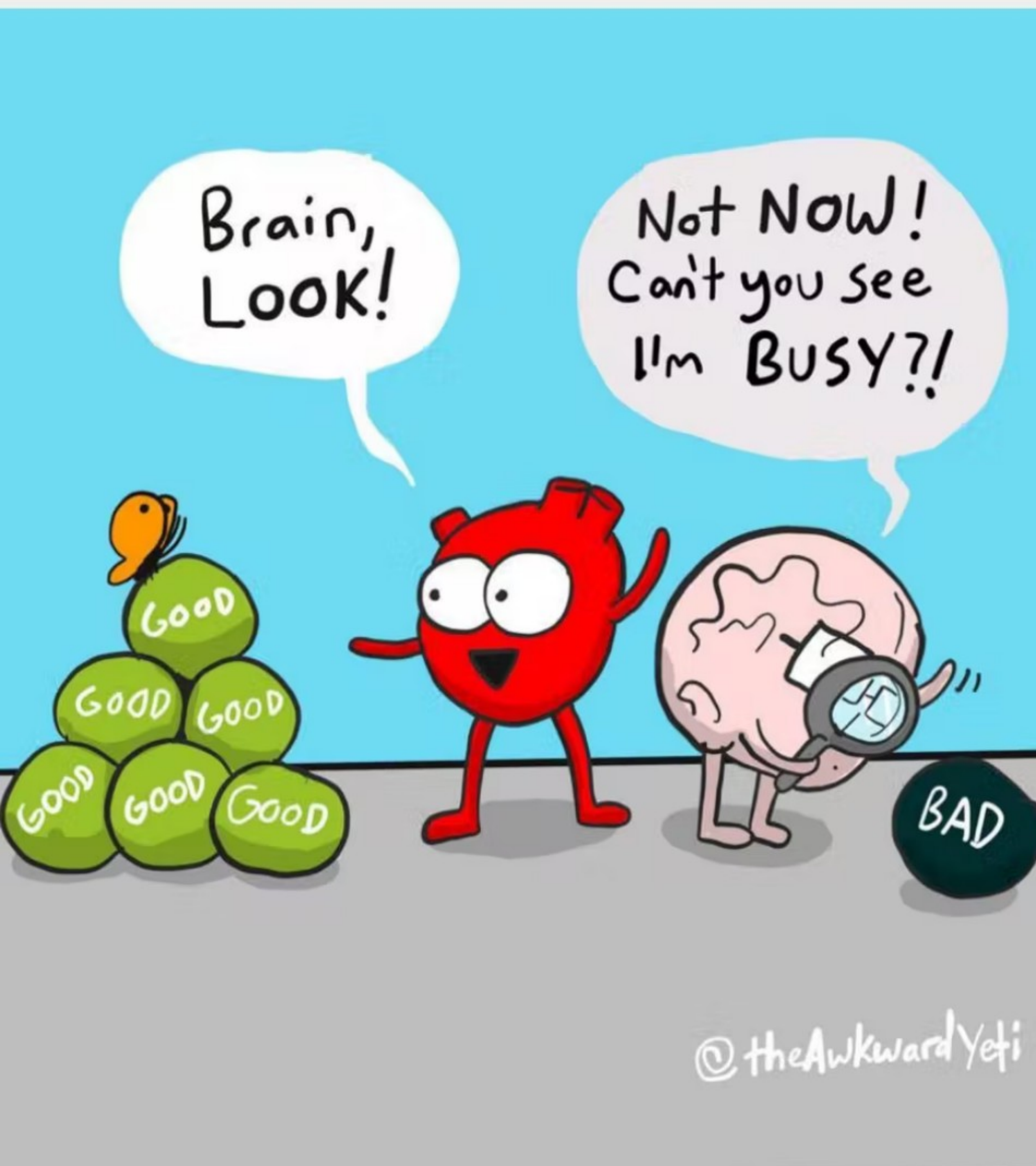


## The “father” of strengths-based psychology

- Donald Clifton – psychologist, educator, author, researcher and entrepreneur.
- “What will happen when we think about what is right with people rather than fixating on what is wrong with them?”
- Clifton spent over 40 years studying human behaviour and developed the CliftonStrengths assessment tool.
- What distinguished talented people from others?







# How do you relate?





# Individuals who focus on using their strengths...

- are three TIMES as likely to report having an excellent quality of life
- are six TIMES as likely to be engaged in their jobs
- have 7.8% higher productivity
- *Source: Gallup Meta-Analysis*





- Achieve more daily
- Look forward to going to work
- 14-29% increased profit
- 10-19% increased sales
- 7-23% higher employee engagement
- 8-18% increased performance
- Have more positive than negative interactions with co-workers
- Treat stakeholders and customers better
- Have more positive, creative and innovative moments.
- *Source: Gallup's Meta-Analysis*

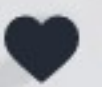


# What are your top 5?





Achiever Activator Arranger  
ADAPTABILITY Command  
Analytical Belief Communication  
Developer COMPETITION Deliberative Focus CONTEXT  
Connectedness Discipline  
Consistency FUTURISTIC Harmony  
Empathy Ideation INCLUDE  
Individualization Input Learner  
Maximizer Relator Self-Assurance  
Positivity Significance Restorative WOO  
Strategic



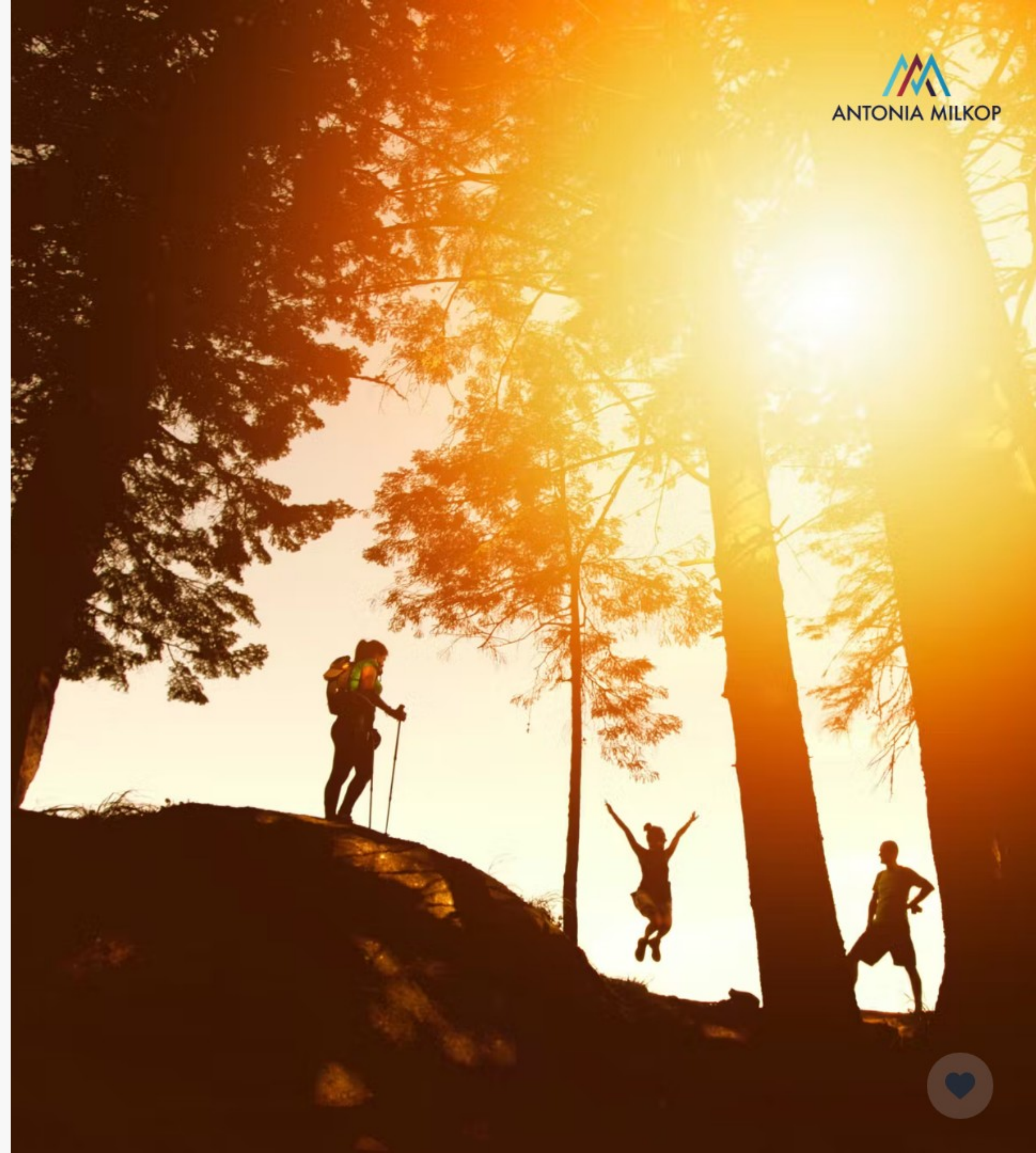


# The Four Domains of Strengths

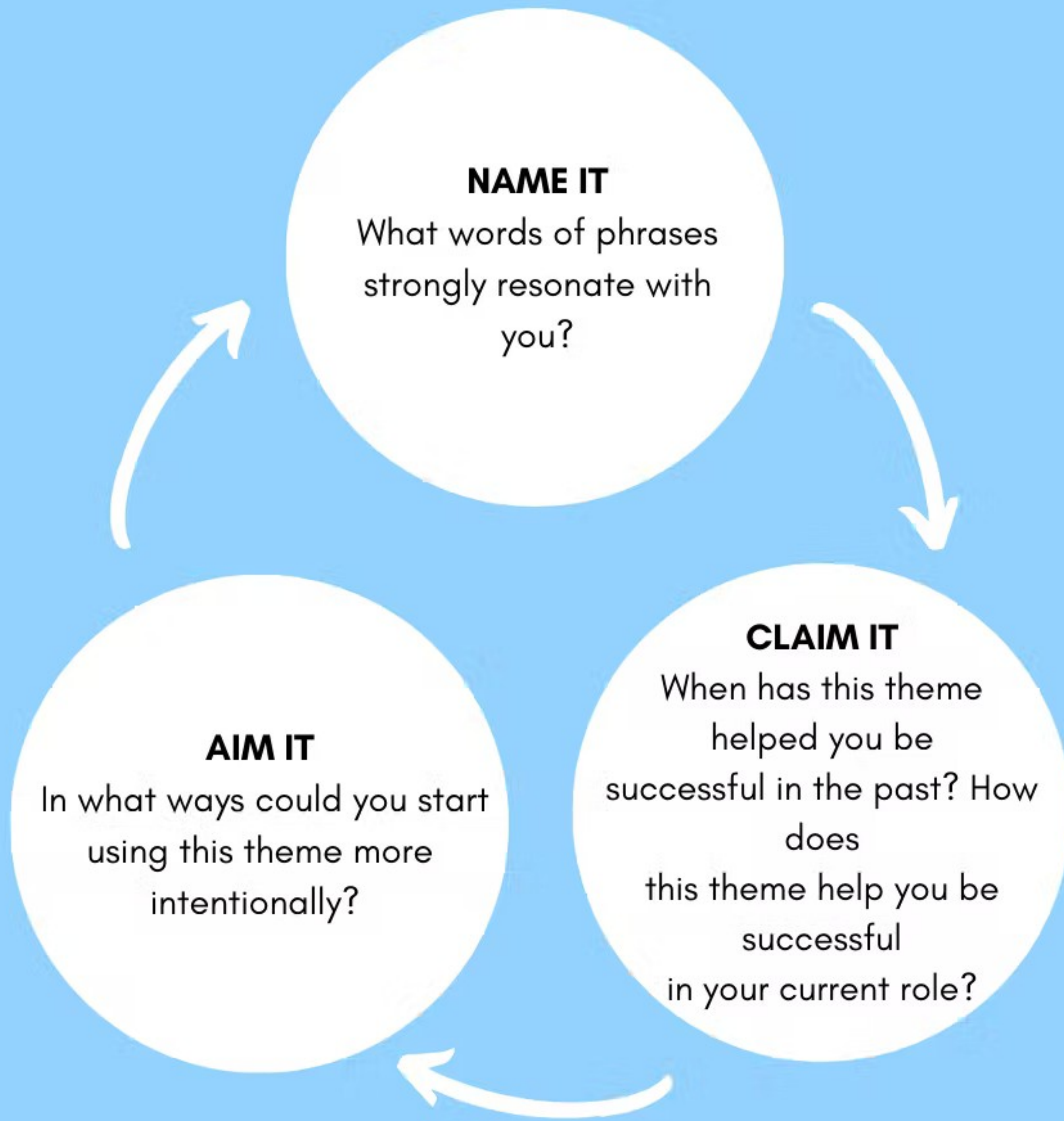
HOW									WHY								WHO								WHAT								
Executing									Influencing								Relationship Building								Strategic Thinking								
27% 20 People 81									21% 20 People 63								30% 19 People 90								22% 20 People 66								
People with dominant Executing themes make things happen.									People with dominant Influencing themes take charge, speak up, and make sure others are heard.								People with dominant Relationship Building themes build strong relationships that hold a team together and make it greater than the sum of its parts.								People with dominant Strategic Thinking themes absorb and analyse information that informs better decisions.								
Achiever	Arranger	Belief	Consistency	Deliberative	Discipline	Focus	Responsibility	Restorative	Activator	Command	Communication	Competition	Maximizer	Self-Assurance	Significance	Woo	Adaptability	Connectedness	Developer	Empathy	Harmony	Includer	Individualization	Positivity	Relator	Analytical	Context	Futuristic	Ideation	Input	Intellection	Learner	Strategic



**Strengths are  
like muscles.  
The more you  
train them, the  
stronger they  
get.**



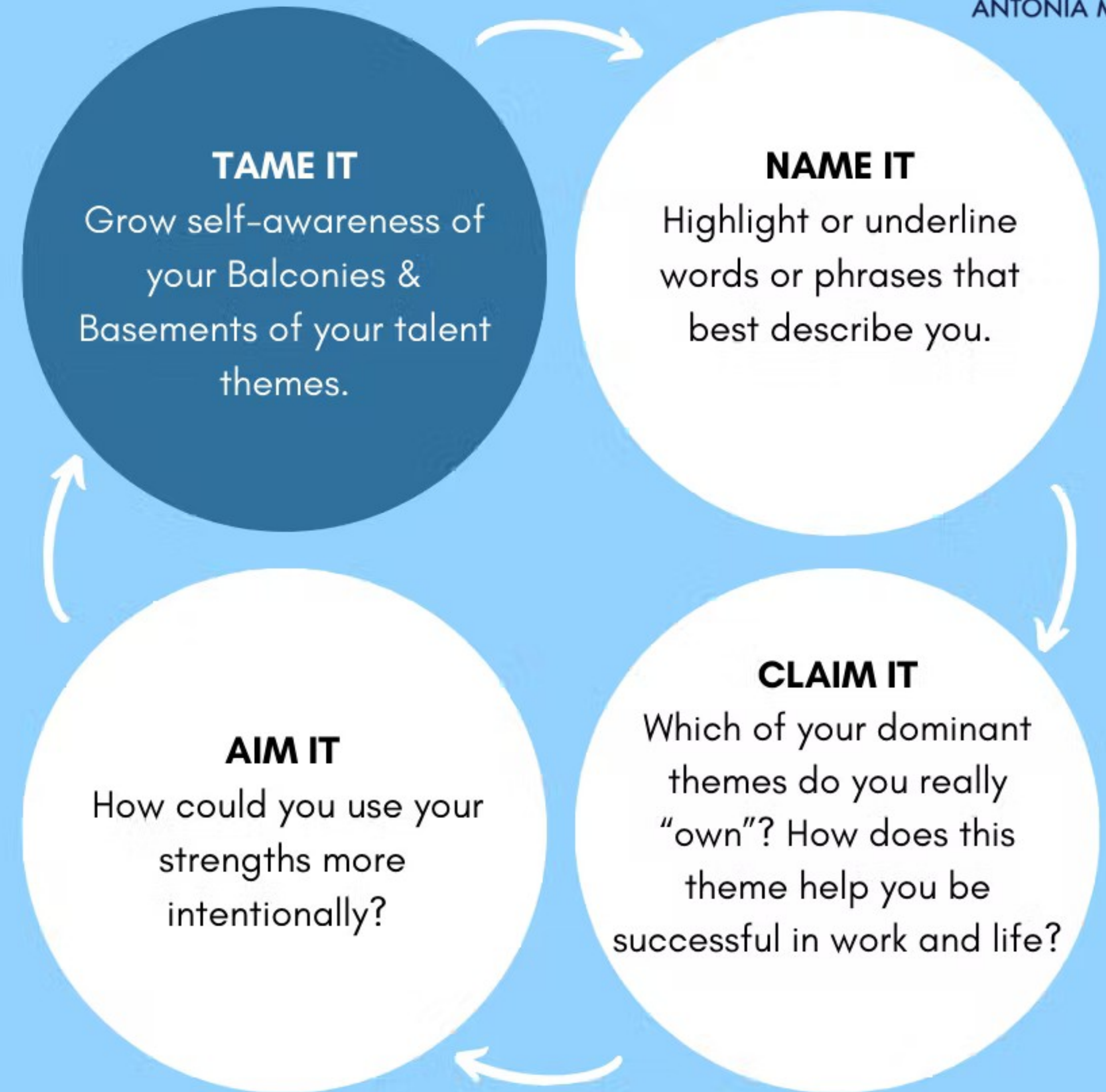




Breakout rooms -  
pick **ONE** of your  
dominant talent  
themes



**Awareness –  
Appreciation –  
Application**  
**Your report is  
just a beginning,  
not an end.**





# Keeping strengths 'alive'

Strengths  
application

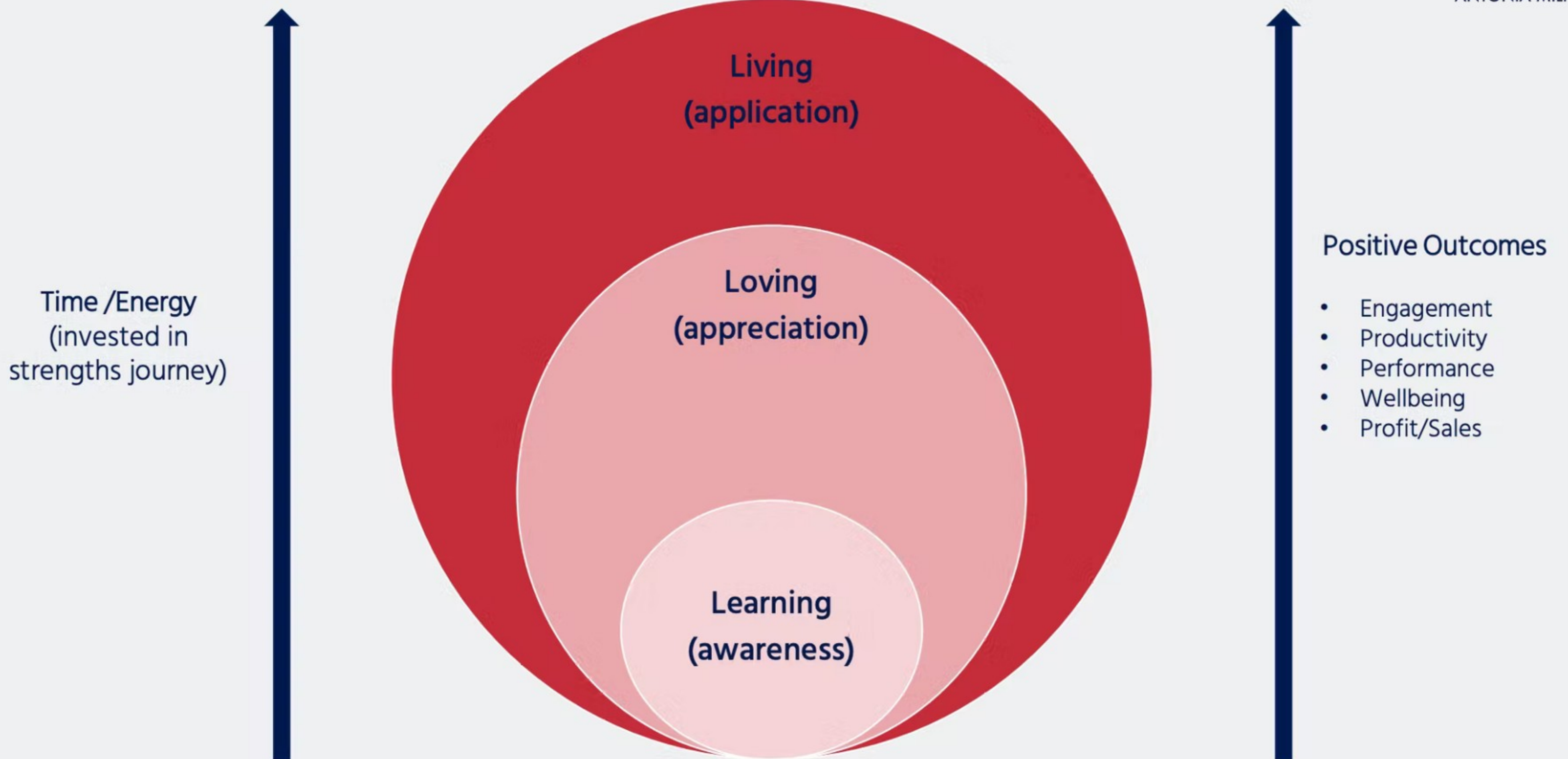


Strengths  
saturation

Living the language	Application (realises potential)	AIM IT!
Loving the language	Appreciation (illuminates potential)	CLAIM IT!
Learning the language	Awareness (ignites potential)	NAME IT!











## Breakout rooms

- You get the BEST of me when...
- You get the WORST of me when...
- You can COUNT on me to...
- This is what I NEED from others...
- *Tip: use your Bring/Need and Personal Insights one-pagers in your Strengths Packs*



# What is your favourite take away from today?

Tools to explore further

The name - tame model

Thinking about focussing on my strengths and not weaknesses

The balcony and basement sheet. It's really helpful to inform thinking and exploration

Need to explore profile more

Name and tame it took - how to use it in daily life

More focused on strengths

Keen



# One word to describe how you feel now?

excited

motivated

invigorated

calm

powerful



## STRENGTHS VIRTUAL DISCOVERY

### Useful resources

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### Be your best so you can succeed today.

**It's time to champion you. Discovering your strengths helps you understand your best self.** You can make the most impact by using your strengths to help you focus your day-to-day attention on things that you know you can **perform, gain traction, and influence the world around you.**

Here is a list of useful resources to help you continue on with your strengths journey. You may enjoy browsing through and downloading the ones appropriate for your team.

Many of these activities are best if run with a CliftonStrengths coach facilitating you to do so, but feel free to try them out yourself, or you can book Antonia in for professional coaching sessions for you and/or workshops for your team.

There's a lot of life here, and this list will be the first 2 weeks from now. So please download what you want from it before it disappears!

<https://antoniamilkop.com/strengths-virtual-discovery/>





I would love to hear your thoughts! <https://forms.gle/QHE9cKzyMGqikBnaA>







The Greatest Showman Cast - This Is Me (Official Lyric Video)

Share

THIS IS ME

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