

BEACON Chapter 3

Engagement

**Lesson 2 – Can your
strengths help you thrive?**

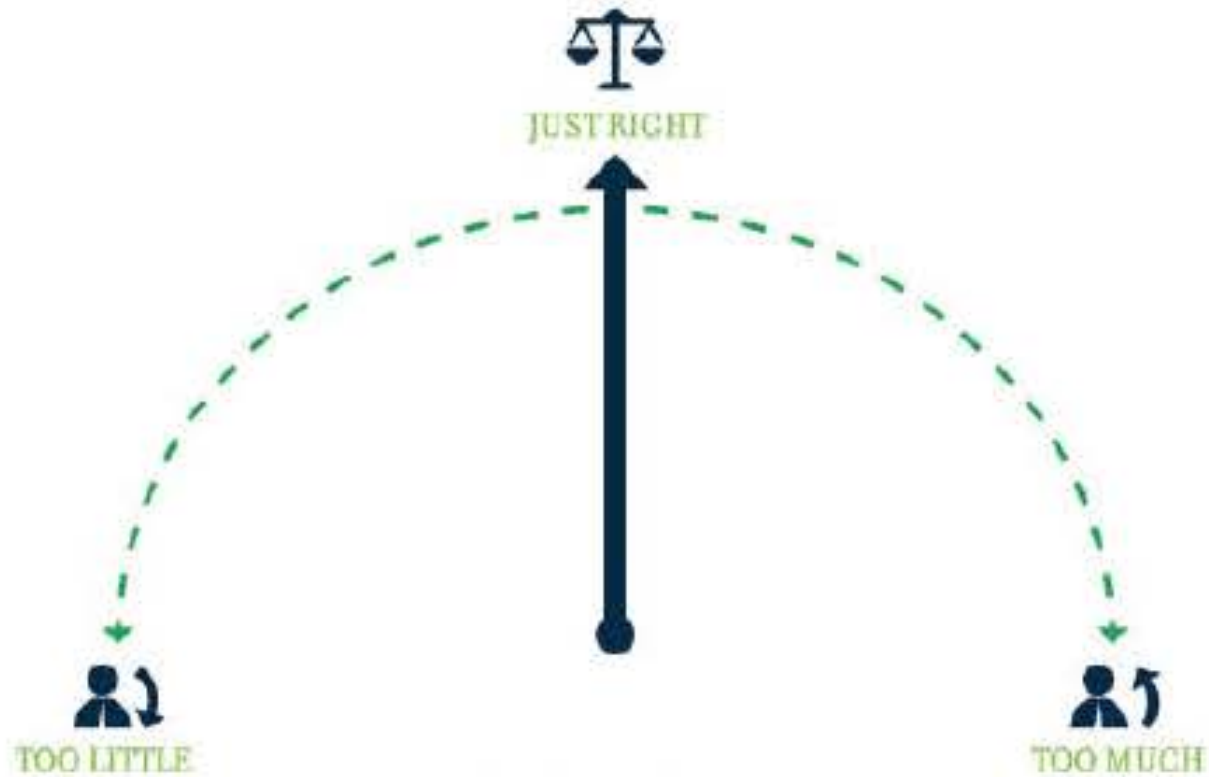
ThriveAbility





How might strengths
help us thrive?

Can you get your strengths, just right?



(Blanchard-Clark, "Rethinking Strengths," 2011)



Dassi's story



Princess charming

WHAT IS FLOW?

BEING IN THE “ZONE”

TOTAL ABSORPTION/
FOCUS

OPTIMAL PERFORMANCE

LOVING WHAT YOU DO

TIME STANDS STILL

AT ONE WITH THE MUSIC

FLOW HELPS US THRIVE





Are some
strengths
stronger?



Hope



Zest



Love



Gratitude

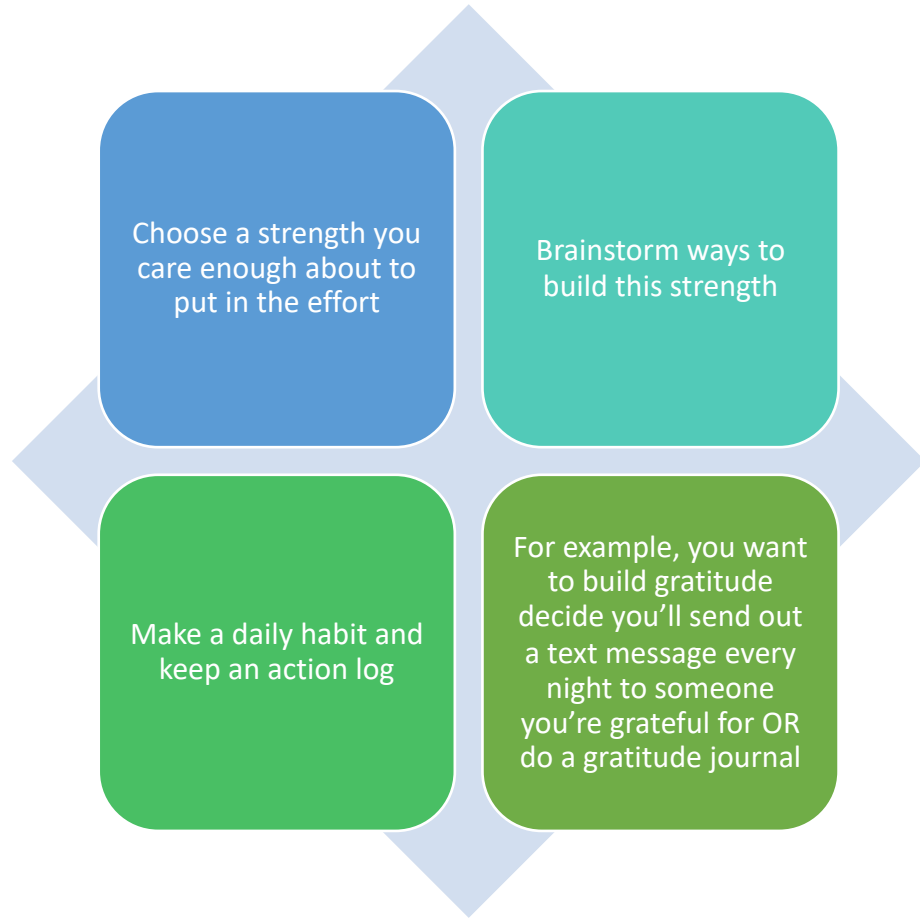


Curiosity



Can we develop
our strengths?

How might you nurture a strength you wish to grow?





**CAN STRENGTHS IMPACT OUR
RELATIONSHIPS WITH OTHERS?**



**DISCOVERING MY BOSS AND I HAVE DIFFERENT
STRENGTHS HELPED ME VALUE MYSELF AND
UNDERSTAND OUR DIFFERENCES**



UNDERSTANDING OUR STRENGTHS

*ALLOWS US TO LET GO OF TRYING TO BE WHO
WE'RE NOT AND EMBRACE WHO WE ARE*

DESIGN - WHAT WILL YOU DO TO IDENTIFY AND CULTIVATE YOUR STRENGTHS?



Discovering and understanding your strengths

The best way to identify your strengths is taking the free VIA Survey at



Cultivating Strengths Awareness

Magic happens when you observe the impact of strengths on how you feel, your energy and what you can achieve.



Getting the balance right

- You can have too little and too much of a good thing. Try to notice when things are not going well and ask yourself – could it be a



Create a habit to build a strength you want

All the strengths are buildable. You can decide at any time that you want to



“Job Crafting”

Is it possible to “job craft” at work or home, so you and others tasks are more aligned to their strengths? This might



Catching Collisions

When struggling with others, take a step back, see if you can spot strengths they’re using. Could their strengths be colliding



Use strengths in new ways

Choose one of your top strengths, then plan how to use it in different ways this week. Act on



Key points

- We need to watch out for the shadow side of our strengths – being sure not to over or underplay them eg too much kindness to other and not self, humour at the wrong time
- We can develop our strengths at any time and may want to build those associated with more life satisfaction e.g. love, gratitude, curiosity, hope, zest
- When we lose ourselves in using our strengths, we find FLOW – a state where we are so engaged we lose track of time. This is an important element of thriving.
- Try to bring a strengths based lens to yourself and others looking for what's strong, not wrong. What we focus on grows.
- Look for ways to be in the zone of your strengths most often to help you thrive.