

Activity 1

Explore your top 4 strengths

This activity will help you gain a better understanding of your top four strengths by filling out the grid. The example guides you in exploring what your strengths mean to you, and when, how and where to use them.

	My top 4 strengths	What does this strength mean to me?	When do I use this strength? When does it influence me negatively?	A work environment that plays towards this strength/passion is...
EXAMPLE	ACHIEVER	<i>Strive to reach goals, willing to work hard, ambitious, driven by the desire to beat my own records.</i>	<i>I completed my university degree in the minimum length while working full-time.</i>	<i>An environment where people are driven, set ambitious goals and are confronted with challenging tasks.</i>
STRENGTH 1				
STRENGTH 2				
STRENGTH 3				
STRENGTH 4				

Skills & knowledge

- What skills & knowledge do I already possess?
- What are my experiences from university / internships / jobs?
- What knowledge did I gain during my studies / work experiences?
- What did I learn abroad / from learning a new skill / from a hobby?

Example:

- *Cross-cultural understanding through studying/living abroad for a year*
- *Talent Management and recruitment experience gained in my 3 months internship at Red Bull.*

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