

Activity – Strengths Feedback

Ask a **variety of people** you respect the following questions:

- What do you consider to be my strengths?
- Can you give me specific examples of when I have demonstrated these strengths?

Ask current friends, student friends, family, friendly ex-colleagues (at all levels), etc. Aim to gain feedback from a range of contacts.

If useful, summarise the feedback themes on the following table:

Strength theme	Who identified by? Examples?