



deeper
WHERE WE STAND
an invitation to wholeness...

EANTCONFERENCE2011

PRESENTER HANDOUTS

INGRID STAAB

STRENGTHS QUESTIONNAIRE

Strengths Questionnaire

Please read the five strength definitions associated with your career type. Next rate them as they pertain to you. Finally rank your strengths in order of importance from A – E, with A being your strongest trait, and list them here:

A. _____

D. _____

B. _____

E. _____

C. _____

1. The Perfectionist

Courteousness

To what degree do you strive to remain dignified and gracious when relating to others, including as good team players and as good listeners as well as communicators?

_____ LO 1 2 3 4 5 HI

Improving Things

To what degree do you raise the standards of your individual work, move the group project ahead, and/or make the world a better place?

_____ LO 1 2 3 4 5 HI

Logical Thinking

To what degree do you think in a methodical and systematic fashion?

_____ LO 1 2 3 4 5 HI

Meticulousness

Rate your ability to do skilled precision, thorough, and/or detail-oriented work.

_____ LO 1 2 3 4 5 HI

Responsibility

Rate how conscientious and dependable you are in roles where you are in charge. This may include the ability to handle stress.

_____ LO 1 2 3 4 5 HI

Strengths Questionnaire (Continued)

2. The Helper

Expressiveness

How do you rate your ability to communicate emotions or ideas to one person or a group successfully?

LO 1 2 3 4 5 HI

People Skills

How skilled are you at winning people over to your point of view, creating a comfortable environment, conversing, and being diplomatic?

LO 1 2 3 4 5 HI

Perceptiveness

How alert are you when it comes to picking up insights and awareness about people and other complicated subjects?

LO 1 2 3 4 5 HI

Reliability

How much can others depend on you to be responsible and to do what you say you will do?

LO 1 2 3 4 5 HI

Resourcefulness

When a new situation or problem arises, how do you rate your ability to solve it by using your store of knowledge, your own creative solutions, and/or your own intelligence?

LO 1 2 3 4 5 HI

Strengths Questionnaire (Continued)

3. The Achiever

Ability to Calculate

How do you rate your ability to estimate or determine the outcome of something by mathematics or arithmetic or to think either strategically or tactically?

LO 1 2 3 4 5 HI

Ability to Inspire

How effective are you at encouraging others to transcend their usual efforts?

LO 1 2 3 4 5 HI

Drive to Win

How vigorously do you focus on success?

LO 1 2 3 4 5 HI

Efficiency

How successful are you at accomplishing jobs quickly and with the minimum of effort?

LO 1 2 3 4 5 HI

Public Relations Skills

How do you rate your ability to promote yourself and those you represent?

LO 1 2 3 4 5 HI

Strengths Questionnaire (Continued)

4. The Romantic

Aesthetic Sense

To what degree are you a connoisseur of things that please the senses and of the arts? How developed is your sensitivity to beauty, style, taste?

LO 1 2 3 4 5 HI

Compassion

To what degree do you resonate with the tender feelings of others?

LO 1 2 3 4 5 HI

Imagination

How able are you to create out of your own vision or to experiment with new ideas and ways of doing things?

LO 1 2 3 4 5 HI

Intense Discernment

How do you rate your keenness of intellectual perception?

LO 1 2 3 4 5 HI

Sense of Meaning

How important are your sense of purpose and the ideals you apply to subjects ranging from the humanities to art to the sciences to life itself?

LO 1 2 3 4 5 HI

Strengths Questionnaire (Continued)

5. The Observer

Ability to Focus

To what length can you concentrate on a single activity?

	LO	1	2	3	4	5	HI
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Complex Thinking

How do you rate your capacity to comprehend and work with complicated information?

	LO	1	2	3	4	5	HI
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Objectivity

How fair, impartial, and nonjudgmental can you be?

	LO	1	2	3	4	5	HI
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Sensitivity

How would you rate your own kindness and/or your responsiveness to refined expressions of feelings in others or in literature or art?

	LO	1	2	3	4	5	HI
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Working Independently

To what degree are you self-directed, preferring to work on your own projects for long periods of time?

	LO	1	2	3	4	5	HI
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Strengths Questionnaire (Continued)

6. The Questioner

Exactness

How do you rate your preference for being detail oriented and/or meticulous?

LO 1 2 3 4 5 HI

Identifying with Others

To what degree can you put yourself in the place of your co-workers, team leaders, and/or clients?

LO 1 2 3 4 5 HI

Problem Solving

How skilled are you in working out solutions to difficult questions or problems?

LO 1 2 3 4 5 HI

Skepticism

To what degree do you have a doubting or questioning mind?

LO 1 2 3 4 5 HI

Taking Precautions

How watchful and proactive are you when it comes to avoiding possible injuries, losses or mistakes?

LO 1 2 3 4 5 HI

Strengths Questionnaire (Continued)

7. The Adventurer

Enthusiasm

To what degree do you infect others with your excitement at work?

LO 1 2 3 4 5 HI

Idealism

To what degree do you guide your work by noble concepts, meaningful principles, or artistic vision?

LO 1 2 3 4 5 HI

Seeking Challenge

How important is it to you to seek physically or mentally stimulating undertakings?

LO 1 2 3 4 5 HI

Social Networking

To what degree do you reach out to new people, stay informed by exchanging information among experts, and keep in regular contact with many associates?

LO 1 2 3 4 5 HI

Multi-disciplinary Thinking

To what degree do you use diverse skills, switch adeptly from one topic to another, and apply ideas from various sources to your work?

LO 1 2 3 4 5 HI

Strengths Questionnaire (Continued)

8. The Asserter

Clarifying

How skilled are you in determining facts and explaining the course of action that needs to be taken?

LO 1 2 3 4 5 HI

Competitiveness

How strong is your desire to win, including the willingness to engage in conflict in order to do so?

LO 1 2 3 4 5 HI

Leadership

To what degree do you guide the group to decisions or make quick decisions yourself when that is called for?

LO 1 2 3 4 5 HI

Protectiveness

How strong is your drive to help and defend other people?

LO 1 2 3 4 5 HI

Self-reliance

To what degree do you rely upon your own capabilities, judgments, and resources rather than on others'?

LO 1 2 3 4 5 HI

Strengths Questionnaire (Continued)

9. The Peace Seeker

Capacity to Repeat

Rate your tolerance for doing one thing over and over and your ability to deliver consistency.

LO 1 2 3 4 5 HI

Empathy

How well do you listen in order to understand and experience the feelings or attitudes of another person?

LO 1 2 3 4 5 HI

Mediating

Rate your ability to help differing parties negotiate or see one another's point of view.

LO 1 2 3 4 5 HI

Synthesizing Information

Rank your ability to research and examine various forms of information and relate them to one another within a broader perspective.

LO 1 2 3 4 5 HI

Teamwork

How well do you cooperate with the group, acting together in the interest of a common cause?

LO 1 2 3 4 5 HI