

Building on your strengths

Fast Track Impact
Training by researchers for researchers



Complete this questionnaire yourself or with someone you know well. It can work particularly well if you do this in a pair with someone you know well, and then swap answers, and discuss. You will often find that your partner is able to identify many additional strengths you may not have been aware of.

1. Describe one of your greatest successes

Describe a high point experience during the last year when you felt most alive, engaged, or really proud of yourself and your work.

2. What are your strengths and skills?

Thinking of this experience, or another recent achievement in your work, identify what strengths and skills you brought to this experience that enabled it to be such a success. Consider strengths and skills you use in your work, and outside your work, whether or not you can see an obvious way yet that these skills could help you generate impact.

3. What do you value most?

Without being humble, what do you most value about yourself and your job? Rather than just adding to your list of strengths and skills, consider if there are some more fundamental things about who you are as a person and the role you play in your work that drive your success. These could be aspects of your personality or deeply held values and beliefs about yourself or the world.

4. What strengths can you build on to achieve even greater success?

Drawing on all the strengths, skills, expertise and value you know you bring to your work, identify strengths you believe you can either: i) enhance and make even stronger; or ii) complement with new skills and strengths in future. Then consider the actions you could take to enhance or build upon your strengths.

Strength or skill	How I can enhance or build on this strength or skill to create more success in my work

