

Essence

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Accountable

You act with honesty and loyalty, own your decisions, and keep your word.

Action

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Activation

You prefer to act rather than thinking or talking, learning as you go.

Relationships

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Amplifier

You focus on strengths to promote individual and team excellence, using them to shift from good to great.

Cognition

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Analytical

You easily spot patterns and causes and uncover all the factors that might influence a situation.

Communication

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Author

You excel at putting your thoughts and ideas into words and find it easy to communicate through writing.

Relationships

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Benevolent

You act with generosity, kindness, and compassion, caring for others.

Communication

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Centre-Stage

You engage people's attention, speaking up easily in groups and naturally holding the floor.

Cognition

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Changemaker

You see (and help others see) the possibilities for change, then bring them into being.

Cognition

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Collector

You gather and store things, whether it is ideas, items, or relationships.

Action

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Competitive

You want to be the best in all you do. You assess yourself against others and seek ways to improve.

Essence

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Composed

You remain calm and self-assured no matter what happens around you.

Relationships

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Connector

You instinctively notice when people have shared interests and make introductions.

Essence

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Connoisseur

You notice and appreciate beauty and excellence in the world, whether in nature, art, work, or people.

Cognition

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Contextualiser

You seek to understand the present situation through researching and understanding the past.

Action

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Coordinator

You arrange resources and requirements for best fit, adjusting them to meet changing demands.

Essence

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Courageous

You speak up and act based on your beliefs and values, despite fear or opposition; physical or emotional bravery.

Cognition

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Creative

You combine ideas, resources, and things in new and imaginative ways, creating a fresh approach.

Essence

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Curious

You find new topics and experiences fascinating and constantly explore the world around you.

Cognition

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Decisive

You find it easy to interpret complicated situations and make the right decision quickly.

Moderation

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Deliberative

You choose carefully, weighing risks, anticipating obstacles and challenges and minimising regrets.

Action

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Determined

You identify your priorities then act, adjusting to stay on course and achieve your goals.

Relationships

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Empathetic

You easily sense how others feel and think, putting yourself in their shoes and imagining their experience.

Action

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Endurance

You have high stamina and enjoy working hard, offering your best effort over long periods to achieve results.

Relationships

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Equitable

You treat everyone fairly, paying close attention to justice and equality.

Communication

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Feedback

You offer insightful positive and negative observations to others to help them develop and improve.

Action

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Flexible

You prefer to go with the flow, letting the future unfold and taking things as they come.

Moderation

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Forgiving

You forgive others, offering a second chance while holding them accountable to improve.

Essence

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Grateful

You recognise all the good things that happen to you and make time to be thankful.

Action

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Grit

You persist in the face of challenges and frustrations, overcoming obstacles to finish what you start.

Relationships

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Harmoniser

You build and maintain group consensus, seeking areas of agreement rather than conflict.

Cognition

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Hopeful

You expect and work for a positive future, setting goals, developing strategies, and inspiring others.

Moderation

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Humble

You allow your accomplishments to speak for themselves, recognising the contributions of others to your success.

Communication

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Humorous

You use laughter and playfulness to help others relax and enjoy themselves.

Action

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Improver

You excel at making things better and have a keen eye for spotting opportunities to do so.

Cognition

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Integration

You believe that everything is connected, and there is an overarching sense of meaning in the universe.

Essence

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Integrity

You stay true to your beliefs, holding to your principles even in the face of pressure from others.

Communication

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Interpreter

You simplify complex ideas so a wide range of people can understand them.

Cognition

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Intervention

You notice subtle cues and changes and take action before they turn into problems.

Relationships

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Leadership

You take charge, make decisions, and help people work together for common goals.

Essence

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Legacy

You care deeply about creating a positive difference for those who come after you.

Cognition

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Lifelong Learner

You undertake learning for its own sake, mastering new skills, topics, and bodies of knowledge.

Communication

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Listener

You focus intently on what others have to say, noticing what is and isn't said, and picking up on subtle cues.

Cognition

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Meticulous

You pay attention to the little details that others miss and find accuracy satisfying.

Relationships

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Mobiliser

You have a knack for inspiring other people and motivating them to take action.

Cognition

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Open-Minded

You examine the evidence, see all the sides, and think things through before making up your mind.

Essence

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Optimistic

You have an upbeat approach, inspiring others to believe in the best, even when things are difficult.

Cognition

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Original

You think differently to others and generate unique and ingenious approaches.

Action

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Overcomer

You have a special capacity to conquer adversity, picking yourself back up and getting back on track.

Relationships

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People Developer

You easily spot people's potential and help them cultivate it, finding satisfaction in their progress.

Essence

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Personal Growth

You seek personal development, learning new skills, knowledge and approaches and embracing feedback.

Relationships

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Personaliser

You notice and embrace people's unique qualities, helping different people work together well.

Communication

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Perspective

You easily see multiple viewpoints and help others broaden their thinking to find new ways forward.

Communication

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Persuader

You influence others and use words, emotions, and ideas to bring others around to your point of view.

Moderation

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Prepared

You think carefully about what is required, ensuring you are ready to respond to a range of alternatives.

Essence

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Principled

You have clear values and beliefs that guide your decisions and create meaning and purpose for your life.

Cognition

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Problem-Solver

You excel at resolving problems, especially complex ones, fixing root causes so they don't return.

Essence

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Purposeful

You feel fulfilled when doing meaningful work and having a positive influence on others.

Essence

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Quality

You want to get things right the first time and deliver work that is of the highest standard.

Relationships

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Rapport Builder

You find it easy to make connections with new people and win them over.

Action

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Rebound

You use setbacks and barriers as energising motivation to move forward and achieve more.

Cognition

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Reflection

You engage in deep thinking and discussions, contemplating ideas, principles, and concepts.

Relationships

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Relationship Developer

You build deep, give-and-take relationships with others.

Essence

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Self-Assurance

You are confident in your strengths and capabilities, using them to make decisions and achieve your goals.

Essence

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Self-Aware

You reflect on and understand your behaviour, emotions, strengths, and weaknesses.

Moderation

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Self-Control

You manage your feelings, behaviours, appetites, and emotions, maintaining discipline and self-regulation.

Relationships

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Social Intelligence

You easily recognise emotions in yourself and others and know how to work with them effectively.

Communication

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Storyteller

You weave engaging stories to share insights, lessons, values and humour.

Cognition

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Strategic

You see the big picture, spotting key issues, patterns, and obstacles, and easily identify effective ways to act.

Action

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Stretch

You expand your comfort zone by being adventurous and taking calculated risks.

Essence

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Support

You look for ways to help others by meeting their needs and exceeding their expectations.

Action

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Systematiser

You take a structured, orderly approach to life and work, creating and applying rules, guidelines, processes, and systems



Relationships

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Team Player

You work well as a member of a group, showing loyalty, helping others, and doing your fair share.

Strength: _____

Definition: _____

Action

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Time Maximiser

You use every minute of your time wisely and productively, squeezing everything in.

Strength: _____

Definition: _____

Essence

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Vitality

You approach life with zest and excitement, undertaking tasks with enthusiasm and energy.

Strength: _____

Definition: _____

Relationships

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Welcoming

You accept others as they are and seek to include them in everything you do.

Strength: _____

Definition: _____
