

<b>Strength name</b>	<b>Definition</b>
Accountable	You act with honesty and loyalty, own your decisions and keep your word.
Activation	You prefer to act rather than thinking or talking, learning as you go.
Amplifier	You focus on strengths to promote individual and team excellence, using them to shift from good to great.
Analytical	You love searching for patterns and causes and uncovering all the factors that might influence a situation.
Author	You love putting your thoughts and ideas into words and find it easy to communicate through writing.
Benevolent	You act with generosity, kindness and compassion, caring for others.
Centre-Stage	You enjoy people's attention, speaking up easily in groups and naturally holding the floor.
Changemaker	You see (and help others see) the possibilities for change, then bring them into being.
Collector	You love gathering and storing things, whether it is ideas, items, or relationships.
Competitive	You want to be the best in all you do. You assess yourself against others and seek ways to improve.
Composed	You remain calm and self-assured no matter what happens around you.
Connector	You instinctively notice when people have shared interests and make introductions.
Connoisseur	You notice and appreciate beauty and excellence in the world, whether in nature, art, work or people.
Contextualiser	You seek to understand the present situation through researching and understanding the past.
Coordinator	You enjoy arranging resources and requirements for best fit, adjusting them to meet changing demands.
Courageous	You speak up and act based on your beliefs and values, in spite of fear or opposition. Physical or emotional bravery.
Creative	You combine ideas, resources and things in new and imaginative ways, creating an original approach.
Curious	You find new topics and experiences fascinating and love to explore and discover the world around you.
Decisive	You find it easy to interpret complicated situations and make the right decision quickly.
Deliberative	You choose carefully, weighing risks, anticipating obstacles and challenges and minimising regrets.
Determined	You identify your priorities then act, making adjustments to stay on course and achieve your goals.
Empathetic	You easily sense how others feel and think, putting yourself in their shoes and imagining their experience.
Endurance	You have high stamina and enjoy working hard, offering your best effort over long periods to achieve results.
Equitable	You treat everyone the same, paying close attention to fairness, justice and equality.
Feedback	You offer insightful positive and negative observations to others to help them develop and improve.

Flexible	You prefer to go with the flow, letting the future unfold and taking things as they come.
Forgiving	You forgive others, offering a second chance while holding them accountable to improve.
Grateful	You recognise all the good things that happen to you and make time to be thankful.
Grit	You persist in the face of challenges and frustrations, overcoming obstacles to finish what you start.
Harmoniser	You love building and maintaining group consensus, seeking areas of agreement rather than conflict.
Hopeful	You expect and work for a positive future, setting goals, developing strategies and inspiring others.
Humble	You allow your accomplishments to speak for themselves, giving others credit for your success.
Humorous	You enjoy laughing and being playful, helping others to relax and enjoy themselves.
Improver	You love making things better and have a keen eye for spotting opportunities to do so.
Integration	You believe that everything is connected, and there is an overarching sense of meaning in the universe.
Integrity	You stay true to your beliefs, holding to your principles even in the face of pressure from others.
Interpreter	You simplify complex ideas so a wide range of people can understand them.
Intervention	You notice subtle cues and changes and take action before they turn into problems.
Leadership	You are comfortable taking charge, making decisions, and helping people work together for common goals.
Legacy	You care deeply about creating a positive difference for those who come after you.
Lifelong Learner	You enjoy learning for its own sake, mastering new skills, topics and bodies of knowledge.
Listener	You focus intently on what others have to say, noticing what is and isn't said, and picking up on subtle cues.
Meticulous	You enjoy paying attention to the little details that others miss, and find accuracy satisfying.
Mobiliser	You have a knack for inspiring other people and motivating them to take action.
Open-Minded	You examine the evidence, see all the sides and think things through before making up your mind.
Optimistic	You have an upbeat approach, inspiring others to believe in the best, even when things are difficult.
Original	You think differently to others and generate unique and ingenious approaches.
Overcomer	You have a special capacity to conquer adversity, picking yourself back up and getting back on track.
People Developer	You enjoy spotting people's potential and helping them cultivate it, finding satisfaction in their progress.
Personal Growth	You seek personal development, learning new skills, knowledge and approaches and embracing feedback.

Personaliser	You notice and embrace people's unique qualities, helping different people work together well.
Perspective	You easily see multiple viewpoints and help others broaden their thinking to find new ways forward.
Persuader	You enjoy influencing others and using words and ideas to bring others around to your point of view.
Prepared	You think carefully about what is required, ensuring you are ready to respond to a range of alternatives.
Principled	You have clear values and beliefs that guide your decisions and create meaning and purpose for your life.
Problem-Solver	You enjoy resolving problems, especially complex ones, fixing root causes so they don't return.
Purposeful	You feel fulfilled when doing meaningful work and having a positive influence on others.
Quality	You love to get things right the first time and deliver work that is of the highest standard.
Rapport Builder	You enjoy meeting new people, finding it easy to make connections and win them over.
Rebound	You use setbacks and barriers as energising motivation to move forward and achieve more.
Reflection	You enjoy deep thinking and discussions, contemplating ideas, principles and concepts.
Relationship Developer	You enjoy building deep, give-and-take relationships with others.
Self-Assurance	You are confident in your strengths and capabilities, using them to make decisions and achieve your goals.
Self-Aware	You reflect on and understand your behaviour, emotions, strengths and weaknesses.
Self-Control	You manage your feelings, behaviours, appetites and emotions, maintaining discipline and self-regulation.
Social Intelligence	You easily recognise emotions in yourself and others, and know how to work with them effectively.
Storyteller	You love using stories to share insights, lessons, values and humour.
Strategic	You see the big picture, spotting key issues, patterns and obstacles, and easily identifying effective ways to act.
Stretch	You enjoy getting out of your comfort zone, being adventurous and taking calculated risks.
Support	You look for ways to help others by meeting their needs and exceeding their expectations.
Systematiser	You take a structured, orderly approach to life and work, creating and applying rules, guidelines, processes and systems.
Team Player	You work well as a member of a group, showing loyalty, helping others and doing your fair share.
Time Maximiser	You thrive on using every minute of your time wisely and productively, squeezing everything in.
Vitality	You approach life with zest and excitement, undertaking tasks with enthusiasm and energy.
Welcoming	You accept others as they are and seek to include them in everything you do.