



### WHAT IS A STRENGTH?

According to Gallup, a strength is the ability to consistently provide near-perfect performance in a specific activity. The key to building your dominant talents, then complement by them by acquiring knowledge and skills pertinent to the activity.

"A strength is an activity that make you feel strong – it's an activity that strengthens you." ~Marcus Buckingham



#### How to recognize it:

• Ease

- Curious
- Rapid learning Authenticity
- Time stands still Intrinsic motivation
- Energy





#### Why Strengths Matter

Gallup Data



#### People who use their strengths everyday

...are 6X more likely to be engaged on the job



## Employees who learn to use their strengths

...have 14.9% lower turnover



### Teams that focus on strengths everyday

...have 12.5% greater productivity



### Teams that receive strengths feedback

...have 8.9% greater profitability

# People who use their strengths regularly

Look forward to going to work • Perform better at work • Are more resilient •
Experience less stress • Have higher levels of self-esteem • Have more positive than negative interactions with • co-workers • Treat their clients better • Have higher levels of energy and vitality • Achieve more on a daily basis • Have more positive, creative and innovative moments



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