
JC Gibbs

Strengths Insight and Action-Planning Guide

SURVEY COMPLETION DATE: 11-01-2021



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YOUR TOP 5 THEMES

1. Empathy
2. Input
3. Restorative
4. Positivity
5. Woo

What's in This Guide?

SECTION I: AWARENESS

A brief Shared Theme Description for each of your top five themes

Your Personalized Strengths Insights, which describe what makes you stand out from others with the same theme in their top five

Questions for you to answer to increase your awareness of your talents

SECTION II: APPLICATION

10 Ideas for Action for each of your top five themes

Questions for you to answer to help you apply your talents

SECTION III: ACHIEVEMENT

Examples of what each of your top five themes "sounds like" -- real quotes from people who also have the theme in their top five

Steps for you to take to help you leverage your talents for achievement

Section I: Awareness

Empathy

SHARED THEME DESCRIPTION

People exceptionally talented in the Empathy theme can sense other people's feelings by imagining themselves in others' lives or situations.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

It's very likely that you intuit — that is, know without conscious reasoning — how individuals with very different work styles or personalities can complement each other. Understandably, you reject the idea of forcing everyone to rely on the same plans, methods, or resources to overcome obstacles. Often you search for ways people can use their talents to resolve issues. In the process, they are likely to move closer to worthwhile goals. Instinctively, you naturally sense the good qualities people possess. Consistently you find something to like in most of the individuals you meet. You keep reminding others of the reasons why you think a person is so special. In the process, you probably boost the self-esteem and confidence of newcomers. By nature, you have a special gift for helping people realize that you truly value them and hold them in high regard. Because of your strengths, you are keenly aware of others' moods. Your insights can be especially valuable when you are helping someone develop strength by acquiring a skill, gaining knowledge, or using a talent. Driven by your talents, you cause others to pay attention to their innermost thoughts and feelings. People are confident of your ability to exercise good judgment and common sense. Many people trust you to keep to yourself whatever they choose to share. Your capacity to imagine their situations and be sensitive to their needs allows individuals to unburden themselves. You listen. You customarily acknowledge their unique circumstances.

QUESTIONS

1. As you read your personalized strengths insights, what words, phrases, or lines stand out to you?
2. Out of all the talents in this insight, what would you like for others to see most in you?

Depending on the order of your themes and how you responded to the assessment, some of your themes may share identical insight statements. If this occurs, the lower ranked theme will not display insight statements to avoid duplication on your report.

Input

SHARED THEME DESCRIPTION

People exceptionally talented in the Input theme have a need to collect and archive. They may accumulate information, ideas, artifacts or even relationships.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

Because of your strengths, you generally work your way onto teams whose members exchange intelligent ideas or discuss sophisticated philosophies. You probably enjoy the companionship of individuals who constantly collect information from a wide array of sources. Instinctively, you occasionally read to acquire information or insights about discoveries, events or people. Perhaps you conduct an in-depth examination of particular subjects. Maybe your curiosity is not easily satisfied. If this is the case, you might rely on other books, publications or writings to deepen your understanding of a topic. Driven by your talents, you might be earnest, businesslike, and dignified in what you say and do. Perhaps some of the books or publications you read reflect your no-nonsense approach to life. To some extent, you aim to accumulate specific kinds of knowledge. Possibly this occurs when you allow yourself sufficient time to peruse — that is, studiously examine — printed materials. These may be specially selected by you or someone else. Chances are good that you are comfortable offering suggestions to people who regularly seek your counsel — that is, recommendations about a decision or course of action they are considering. These individuals usually feel deep affection for you. You are likely to spend time together socializing as well as working or studying. It's very likely that you probably help your teammates understand the pieces, parts, or steps of elaborate procedures or systems. You are likely to outline how all the human or material resources are scheduled for distribution.

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Restorative

SHARED THEME DESCRIPTION

People exceptionally talented in the Restorative theme are adept at dealing with problems. They are good at figuring out what is wrong and resolving it.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

By nature, you constantly search for ways to better yourself by making changes or corrections. Chances are good that you have no difficulty finding the right words to express your ideas. You are quite comfortable talking about ways to make people or things more complete, perfect, or excellent. Because of your strengths, you yearn to acquire additional knowledge and skills. Often you use these to do something better, more perfectly, or more completely than you have in the past. You seek opportunities to enhance your capacity for fixing things, correcting mistakes, or overcoming weaknesses. It's very likely that you routinely set aside about five hours of quiet time each week to think. You make a point to pause and consider things you need to do better. You typically figure out how to update and streamline various processes, tasks, ideas, or activities. Driven by your talents, you intentionally concentrate your time, energy, and effort on bettering numerous aspects of your personal or professional life. You are thrilled when you can renew things that have been neglected. You probably have dedicated yourself to completing, upgrading, or perfecting your skills, knowledge, projects, ideas, plans, or processes.

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Positivity

SHARED THEME DESCRIPTION

People exceptionally talented in the Positivity theme have contagious enthusiasm. They are upbeat and can get others excited about what they are going to do.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

Because of your strengths, you characteristically pinpoint people's unique traits, qualities, motivations, strengths, limitations, preferences, or attitudes. Because you spontaneously look for the good in each person, you can set up opportunities for individuals to cooperate. Frequently you compliment those who freely share their knowledge, skills, or talents with their teammates, classmates, colleagues, coworkers, friends, or family members. Driven by your talents, you enjoy discovering as much as you can about the people you meet. You are friendly and enjoy socializing. You quickly put at ease those you are meeting for the first time or the tenth time. Instinctively, you probably have a reputation for being a big-hearted person. One reason is your capacity for welcoming a wide array of people into your life, especially those whom others describe as different. By nature, you want people to be as fond of you as you are of them. You have much love to share. You exhibit a generosity of spirit that draws individuals to you. It's very likely that you are very fond of and devoted to the people in your life. You thrive when individuals reciprocate — that is, return — your feelings of warmth and affection.

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Woo

SHARED THEME DESCRIPTION

People exceptionally talented in the Woo theme love the challenge of meeting new people and winning them over. They derive satisfaction from breaking the ice and making a connection with someone.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

Driven by your talents, you freely share your ideas or feelings with others. Being tongue-tied — that is, unable to speak freely — is rarely a problem for you. Words quickly come to mind when you are with people. Your ease with language enables you to meet, greet, and treat strangers as if they already were your friends. Because of your strengths, you characteristically find the right words to express whatever you are thinking. You offer explanations, discuss ideas, give examples, or share stories. You effectively use the spoken word. By nature, you have an aptitude for communicating and making conversation. Under very few circumstances do you struggle to find just the right word to express your thoughts or feelings. Being able to put friends or strangers at ease quickly is one of your gifts. It's very likely that you characteristically move quickly from person to person. You entice people by giving them your attention. You probably are most comfortable when surrounded by individuals who regard you as influential, important, or prominent. Being at the center of social activity tends to invigorate you. Instinctively, you are sociable, friendly, and genuinely interested in people. These qualities attract others to you. Your welcoming nature enhances the self-esteem of many individuals. You also foster within them a true sense of belonging.

QUESTIONS

1. As you read your personalized strengths insights, what words, phrases, or lines stand out to you?
2. Out of all the talents in this insight, what would you like for others to see most in you?

Depending on the order of your themes and how you responded to the assessment, some of your themes may share identical insight statements. If this occurs, the lower ranked theme will not display insight statements to avoid duplication on your report.

Questions

1. How does this information help you better understand your unique talents?
2. How can you use this understanding to add value to your role?
3. How can you apply this knowledge to add value to your team, workgroup, department, or division?
4. How will this understanding help you add value to your organization?
5. What will you do differently tomorrow as a result of this report?

Section II: Application

Empathy

IDEAS FOR ACTION:

Help your friends and colleagues be more aware when one of your peers is having a difficult time. Remember, most people do not have your ability to pick up on sensitive situations.

Act quickly and firmly when others behave in a way that is unhealthy for themselves or others. Understanding someone's emotional state does not mean that you must excuse this behavior. Be aware that when your empathy turns to sympathy, others might see you as a "bleeding heart."

Partner with someone with strong Command or Activator talents. This person will help you take needed action, even though people's feelings might suffer as a result.

Consider serving others as a confidante or mentor. Because trust is paramount to you, people are likely to feel comfortable approaching you with any need. Your discretion and desire to be genuinely helpful will be greatly valued.

At times, your empathy for others may overwhelm you. Create some rituals that you can use at the end of your day to signal that work is over. This will help buffer your emotions and prevent burnout.

Identify a friend who has strong Empathy talents, and check your observations with him or her.

Sensitive to the feelings of others, you readily gauge the emotional tone of a room. Use your talents to forge a bridge of understanding and mutual support. Your empathy will be especially important during trying times because it will demonstrate your concern, thereby building loyalty.

Witnessing the happiness of others brings you pleasure. Consequently, you are likely to be attuned to opportunities to underscore others' successes and positively reinforce their achievements. At each opportunity, deliver a kind word of appreciation or recognition. In doing so, you are likely to make a profound and engaging impression.

Because you are observant of how others are feeling, you are likely to intuit what is about to happen before it becomes common knowledge. Although your intuitions may at times seem nothing more than 'hunches', take conscious note of them. They may turn out to be valuable assets.

Sometimes empathy does not require words at all. A kind gesture may be all someone needs to be reassured. Use your Empathy talents to nonverbally comfort others with a glance, a smile, or a pat on the arm.

QUESTIONS

1. Which of these action items speak to you? Highlight the actions that you are most likely to take.
2. How will you commit to taking action? Write your own personalized action item that you will take in the next 30 days.

Input

IDEAS FOR ACTION:

Look for jobs in which you are charged with acquiring new information each day, such as teaching, research, or journalism.

Devise a system to store and easily locate information. This can be as simple as a file for all the articles you have clipped or as sophisticated as a computer database.

Partner with someone with dominant Focus or Discipline talents. This person will help you stay on track when your inquisitiveness leads you down intriguing but distracting avenues.

Your mind is open and absorbent. You naturally soak up information in the same way that a sponge soaks up water. But just as the primary purpose of the sponge is not to permanently contain what it absorbs, neither should your mind simply store information. Input without output can lead to stagnation. As you gather and absorb information, be aware of the individuals and groups that can most benefit from your knowledge, and be intentional about sharing with them.

You might naturally be an exceptional repository of facts, data, and ideas. If that's the case, don't be afraid to position yourself as an expert. By simply following your Input talents, you could become known as the authority in your field.

Remember that you must be more than just a collector of information. At some point, you'll need to leverage this knowledge and turn it into action. Make a point of identifying the facts and data that would be most valuable to others, and use this information to their advantage.

Identify your areas of specialization, and actively seek more information about them.

Schedule time to read books and articles that stimulate you.

Deliberately increase your vocabulary. Collect new words, and learn the meaning of each of them.

Identify situations in which you can share the information you have collected with other people. Also make sure to let your friends and colleagues know that you enjoy answering their questions.

QUESTIONS

1. Which of these action items speak to you? Highlight the actions that you are most likely to take.
2. How will you commit to taking action? Write your own personalized action item that you will take in the next 30 days.

Restorative

IDEAS FOR ACTION:

Seek roles in which you are paid to solve problems or in which your success depends on your ability to restore and resolve. You might particularly enjoy roles in medicine, consulting, computer programming, or customer service.

Don't be afraid to let others know that you enjoy fixing problems. It comes naturally to you, but many people shy away from problems. You can help.

Give yourself a break. Your Restorative talents might lead you to be overly self-critical. Try to redirect this either toward things about yourself that can be fixed, such as knowledge or skill deficits, or toward external, tangible problems.

Let other people solve their own problems. You might want to rush in and solve things for them, but by doing that, you might hinder their learning. Watch out for this, particularly if you are in a manager, coach, teacher, or parent role.

Turnaround situations activate your natural forté. Use your Restorative talents to devise a plan of attack to revitalize a flagging project, organization, business, or team.

Leverage your Restorative talents not only to tackle existing problems, but also to anticipate and prevent problems before they occur. Share your foresight and your solutions with others, and you will prove yourself a valuable partner.

Study your chosen subject closely to become adept at identifying what causes certain problems to recur. This sort of expertise will lead you to the solution that much faster.

Think about ways you can improve your skills and knowledge. Identify any gaps you have and the courses you can take to fill them.

Constant improvement is one of your hallmarks. Seek opportunities to enhance your abilities through a demanding field, activity, or endeavor that requires exceptional skill and/or knowledge.

Use your Restorative talents to think of ways to “problem proof” your work. Identify existing and potential issues, and design systems or processes to prevent errors in the future.

QUESTIONS

1. Which of these action items speak to you? Highlight the actions that you are most likely to take.
2. How will you commit to taking action? Write your own personalized action item that you will take in the next 30 days.

Positivity

IDEAS FOR ACTION:

You probably will excel in any role in which you are paid to highlight the positive. A teaching role, a sales role, an entrepreneurial role, or a leadership role will make the most of your ability to make things dramatic.

You tend to be more enthusiastic and energetic than most people. When others become discouraged or are reluctant to take risks, your attitude will provide the impetus to keep them moving. Over time, others will start to look to you for this “lift.”

Plan highlight activities for your friends and colleagues. For example, find ways to turn small achievements into events, plan regular celebrations that others can look forward to, or capitalize on the year’s holidays and festivals.

Explain that your enthusiasm is not simple naivety. You know that bad things can happen; you simply prefer to focus on the good things.

You may get your greatest joy by encouraging people. Freely show your appreciation of others, and make sure that the praise is not vague. Consistently seek to translate your feelings into specific, tangible, and personal expressions of gratitude and recognition.

As you share your Positivity talents, be sure to protect and nurture them. As necessary, insulate yourself from chronic whiners and complainers, and intentionally spend time in highly positive environments that will invigorate and feed your optimism.

Don’t pretend that difficulties don’t concern you. Other people need to know that while you find the good in virtually every situation, you are not naïve. Recognize challenges, and communicate the reasons for your optimism. Your positive approach will be most powerful when others realize it is grounded in reality.

Because people will rely on you to help them rise above their daily frustrations, arm yourself with good stories, jokes, and sayings. Never underestimate the effect that you can have on people.

Avoid negative people. They will bring you down. Instead, seek people who find the same kind of

drama and humor in the world that you do. You will energize each other.

Deliberately help others see the things that are going well for them. You can keep their eyes on the positive.

QUESTIONS

1. Which of these action items speak to you? Highlight the actions that you are most likely to take.
2. How will you commit to taking action? Write your own personalized action item that you will take in the next 30 days.

Woo

IDEAS FOR ACTION:

Choose a job in which you can interact with many people over the course of a day.

Deliberately build the network of people who know you. Tend to it by checking in with each person at least once a month.

Join local organizations, volunteer for committees, and find out how to get on the social lists of the influential people where you live.

Learn the names of as many people as you can. Create a file of the people you know, and add names as you become acquainted. Include a snippet of personal information — such as their birthday, favorite color, hobby, or favorite sports team.

In social situations, take responsibility for helping put reserved people at ease.

Find the right words to explain that networking is part of your style. If you don't claim this theme, others might mistake it for insincerity and wonder why you are being so friendly.

Partner with someone with dominant Relator or Empathy talents. This person can solidify the relationships that you begin.

Your Woo talents give you the ability to quicken the pulse of your surroundings. Recognize the power of your presence and how you open doors for an exchange of ideas. By simply starting conversations that engage others and bring talented people together, you will take performance up a notch — or several.

The first moments of any social occasion are crucial to how comfortable people will be and how they will remember the event. Whenever possible, be one of the first people others meet. Your capacity for meeting and greeting new people will help to quickly put them at ease.

Practice ways to charm and engage others. For example, research people before you meet them so you can talk about your common interests.

QUESTIONS

1. Which of these action items speak to you? Highlight the actions that you are most likely to take.
2. How will you commit to taking action? Write your own personalized action item that you will take in the next 30 days.

Section III: Achievement

Look for signs of achievement as you read these real quotes from people who share your top five themes.

EMPATHY SOUNDS LIKE THIS:

Alyce J., administrator: “Recently, I was in a meeting of trustees where one of the individuals was presenting a new idea that was critical to her and to the life of this group. When she was finished, no one heard her opinion, no one really heard her. It was a powerfully demoralizing moment for her. I could see it in her face, and she wasn’t herself for a day or two afterward. I finally raised the issue with her and used words that helped describe how she was feeling. I said, ‘Something’s wrong,’ and she started to talk. I said, ‘I really understand. I know how important this was for you, and you don’t seem like yourself,’ and so on. And she finally gave words to what was going on inside her. She said, ‘You’re the only one who heard me and who has said one word to me about it.’”

Brian H., administrator: “When my team is making decisions, what I like to do is say, ‘Okay, what will this person say about this? What will that person say about it?’ In other words, put yourself in their position. Let’s think about the arguments from their perspective so that we can all be more persuasive.”

Janet P., schoolteacher: “I never played basketball because they didn’t have it for women when I was a kid, but I believe I can tell at a basketball game when the momentum is changing, and I want to go to the coach and say, ‘Get them revved up. You are losing them.’ Empathy also works in large groups; you can feel the crowd.”

INPUT SOUNDS LIKE THIS:

Ellen K., writer: “Even as a child, I found myself wanting to know everything. I would make a game of my questions. ‘What is my question today?’ I would think up these outrageous questions, and then I would go looking for the books that would answer them. I often got in way over my head, deep into books that I didn’t have a clue about, but I read them because they had my answer someplace. My questions became my tool for leading me from one piece of information to another.”

John F., human resources executive: “I’m one of those people who thinks that the Internet is the greatest thing since sliced bread. I used to feel so frustrated, but now if I want to know what the stock market is doing in a certain area or the rules of a certain game or what the GNP of Spain is or other different things, I just go to the computer, start looking, and eventually find it.”

Kevin F., salesperson: “I am amazed at some of the garbage that collects in my mind, and I love

playing Jeopardy and Trivial Pursuit and anything like that. I don't mind throwing things away as long as they're material things, but I hate wasting knowledge or accumulated knowledge or not being able to read something fully if I enjoy it."

RESTORATIVE SOUNDS LIKE THIS:

Nigel L., software designer: "I have these vivid memories of my childhood woodworking bench with hammers and nails and wood. I used to love fixing things and putting things together and making everything just so. And now with computer programs, it's the same thing. You write the program, and if it doesn't work, you have to go back and redo it and fix it until it works."

Jan K., internist: "This theme plays in my life in so many ways. For example, my first love was surgery. I love trauma, love being in the OR, love sewing. I just love fixing things in the OR. Then again, some of my best moments have been sitting at the bedside of a dying patient, just talking together. It is incredibly rewarding to watch someone make the transition from anger to acceptance about grief, to tie up loose ends with family members, and to pass with dignity. And then with my kids, this theme fires every day. When I see my three-year-old buttoning her sweater for the first time and she buttons it crooked, I feel this powerful urge to walk up and rebutton the sweater. I have to resist, of course, because she has to learn, but, boy, it's really hard."

Marie T., television producer: "Producing a morning TV program is a fundamentally clumsy process. If I didn't like solving problems, this job would drive me up the wall. Every day, something serious goes wrong, and I have to find the problem, fix it, and move on to the next one. If I can do that well, I feel rejuvenated. On the other hand, if I go home and a problem remains unsolved, then I feel the opposite. I feel defeated."

POSITIVITY SOUNDS LIKE THIS:

Gerry L., flight attendant: "There are so many people on an airplane that I have made it a point over the years to single out one or two on a flight and make it something special for them. Certainly, I will be courteous to everybody and extend to them the kind of professionalism that I would like given to me, but over and above that, I try to make one person or family or small group of people feel particularly special, with jokes and conversation and little games that I play."

Andy B., Internet marketing executive: "I am one of those people who loves creating buzz. I read magazines all the time, and if I find something fun — some new store, new lip gloss, whatever — I will charge around telling everyone about it. 'Oh, you just have to try this store. It is so-o-o cool. Look at these pictures. Check them out.' I am so passionate when I talk about something that people just have to do what I say. It's not that I am a great salesperson. I'm not. In fact, I hate asking for the close; I hate bothering people. It's just that my passion about what I say makes people think, 'Gosh, it must be true.'"

Sunny G., communications manager: “I think the world is plagued with enough negative people. We need more positive people — people who like to zero in on what is right with the world. Negative people just make me feel heavy. In my last job, there was a guy who came into my office every morning just to unload on me. I would purposely dodge him. I’d see him coming, and I’d run to the bathroom or go some other place. He made me feel as if the world was a miserable place, and I hated that.”

WOO SOUNDS LIKE THIS:

Deborah C., publishing executive: “I have made best friends out of people that I have met passing in the doorway. I mean, it’s awful, but wooing is part of who I am. All my taxi drivers propose to me.”

Marilyn K., college president: “I don’t believe I’m looking for friends, but people call me a friend. I call people and say, ‘I love you,’ and I mean it because I love people easily. But friends? I don’t have many friends. I don’t think I am looking for friends. I am looking for connections. And I am really good at that because I know how to achieve common ground with people.”

Anna G., nurse: “I think I am a little shy sometimes. Usually I won’t make the first step out. But I do know how to put people at ease. A lot of my job is just humor. If the patient is not very receptive, my role becomes that of a stand-up comedian. I’ll say to an eighty-year-old patient, ‘Hi, you handsome guy. Sit up. Let me get your shirt off. That’s good. Take your shirt off. Whoa, what a chest on this man!’ With kids, you have to start very slowly and say something like, ‘How old are you?’ If they say, ‘Ten,’ then I say, ‘Really? When I was your age, I was eleven’ — silly stuff like that to break the ice.”

QUESTIONS

1. Talk to friends or coworkers to hear how they have used their talents to achieve.
2. How will you use your talents to achieve?