



# CliftonStrengths® Top 5 for Katiana Mendes Brito de Almeida

This report presents your five most dominant CliftonStrengths revealed by your responses to the CliftonStrengths assessment. Use this report to learn more about these strengths, how they uniquely show up in your life and how you can use them to fulfill your potential.

## 1. Consistency®

You are keenly aware of the need to treat people the same. You crave stable routines and clear rules and procedures that everyone can follow.

## 2. Learner®

You have a great desire to learn and want to continuously improve. The process of learning, rather than the outcome, excites you.

## 3. Achiever®

You work hard and possess a great deal of stamina. You take immense satisfaction in being busy and productive.

## 4. Discipline®

You enjoy routine and structure. Your world is best described by the order you create.

## 5. Relator®

You enjoy close relationships with others. You find deep satisfaction in working hard with friends to achieve a goal.

■ **EXECUTING** themes help you make things happen.

■ **INFLUENCING** themes help you take charge, speak up and make sure others are heard.

■ **RELATIONSHIP BUILDING** themes help you build strong relationships that hold a team together.

■ **STRATEGIC THINKING** themes help you absorb and analyze information that informs better decisions.



- 1. Consistency
- 2. Learner
- 3. Achiever
- 4. Discipline
- 5. Relator

## You Are Uniquely Powerful

Your unique sequence of CliftonStrengths and the personalized Strengths Insights in this report are the result of your answers to the CliftonStrengths assessment.

We designed this report to help you learn more about your most dominant CliftonStrengths: what they are, how they interact and how to use them to succeed.

### What do the colors mean?

Each of the 34 CliftonStrengths fits into one of four domains. These domains describe how CliftonStrengths helps you execute, influence others, build relationships, and absorb and think about information.

#### EXECUTING

- | Achiever
- | Arranger
- | Belief
- | Consistency
- | Deliberative
- | Discipline
- | Focus
- | Responsibility
- | Restorative

#### INFLUENCING

- | Activator
- | Command
- | Communication
- | Competition
- | Maximizer
- | Self-Assurance
- | Significance
- | Woo

#### RELATIONSHIP BUILDING

- | Adaptability
- | Connectedness
- | Developer
- | Empathy
- | Harmony
- | Includer
- | Individualization
- | Positivity
- | Relator

#### STRATEGIC THINKING

- | Analytical
- | Context
- | Futuristic
- | Ideation
- | Input
- | Intellection
- | Learner
- | Strategic



EXECUTING

# 1. Consistency®

**What Is Consistency?**

Balance is important to those with strong Consistency talents. They are keenly aware of the need to treat people the same, no matter their situation, so the scales do not tip too far in any person’s favor. People with strong Consistency talents see themselves as guardians of what is right and fair. Opposed to special favors, they believe that people function best in a consistent environment with clear rules that apply equally to everyone. This is an environment where people know what is expected. It is predictable and evenhanded. In this setting, people have a fair chance to show their worth.

## Why Your Consistency Is Unique

*These Strengths Insights are personalized based on your CliftonStrengths results.*

Consistency	Learner	Achiever	Discipline	Relator
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Because of your strengths, you are the team member who streamlines processes, rules, or procedures. You outline steps so all group members perform the same task the same way every time they do it.

Chances are good that you view your life much more favorably when you can say, “I gave that project my best effort, and I am pleased about the things I did right.”

Driven by your talents, you concentrate on having fun when playing games and want others to do the same. You probably stress the importance of getting along — that is, working together in a friendly way. You can sense the instant when one or more people start feeling angry, frustrated, or upset. You are apt to say, “Remember, this is only a game. If we cannot enjoy ourselves, we ought to stop playing right now.”

Instinctively, you are inclined to finish whatever is assigned to you each day. You admit there are things you could do better. When you act on these ideas, you probably increase your chances of meeting the day-to-day expectations people place on you.

By nature, you have the good sense to turn to others for help when unexpected problems threaten a project. You avoid producing shoddy or inaccurate results. You think it is foolhardy to try to do everything by yourself. You know it is impractical to shut out those who have the knowledge, skills, and/or talents you need to get through difficult times. More than once, you have seen individuals discover and appreciate one another's special gifts as they moved together toward a common goal in a spirit of cooperation.

**1. Consistency**

- 2. Learner
- 3. Achiever
- 4. Discipline
- 5. Relator

## How Consistency Blends With Your Other Top Five Strengths

**CONSISTENCY + LEARNER**

You want education to be scalable and available, so you strive to create systems that are efficient and fair.

**CONSISTENCY + ACHIEVER**

You tend to be most productive when you are part of a group that has efficient processes and a culture of fairness.

**CONSISTENCY + DISCIPLINE**

You personally need routine and structure to help you be efficient, and your groups need rules and systems to be efficient.

**CONSISTENCY + RELATOR**

Your friendships have a depth of quality and equality. There is no ranking among your friends.

## Apply Your Consistency to Succeed

**Clarify rules or procedures that everyone can follow to get more done.**

- ☐ Look for things that others might ignore. Create a standard way to ensure that these things are not lost in the shuffle and become something predictable and fair.
- ☐ Establish a routine to get things done. Your ability to create a standard approach to getting things done can help alleviate the stress of things that could otherwise become frustrating for you or others.



STRATEGIC THINKING

# 2. Learner®

What Is Learner?

People with strong Learner talents constantly strive to learn and improve. The process of learning is just as important to them as the knowledge they gain. The steady and deliberate journey from ignorance to competence energizes Learners. The thrill of learning new facts, beginning a new subject and mastering an important skill excites people with dominant Learner talents. Learning builds these people’s confidence. Having Learner as a dominant theme does not necessarily motivate someone to become a subject-matter expert or strive for the respect that accompanies earning a professional or academic credential. The outcome of learning is less significant than the “getting there.”

## Why Your Learner Is Unique

*These Strengths Insights are personalized based on your CliftonStrengths results.*

Consistency	Learner	Achiever	Discipline	Relator
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By nature, you make sure you comprehend more than any of your opponents do about what it takes to win something. Whenever your results are going to be compared to those of others, you are determined to be the sole victor. Consequently, you welcome opportunities to put your talents, knowledge, and skills to the test. You are especially interested when meaningful and objective measurements are used to pinpoint the best performer.

Driven by your talents, you may enjoy reflecting on what you already know or want to know. At times, your concentration leads you to major or minor discoveries. Maybe you need ample quiet time to examine new information, theories, concepts, or philosophies. Perhaps your mind cannot rest regardless of where you go or what you do. To some extent, you ponder what you have observed. Occasionally you pose never-before-asked questions. Perhaps thinking deeply about certain things is a necessity for you. It might not be a luxury. It might not be an option.

Chances are good that you prefer to concentrate on activities, problems, opportunities, or subjects that really intrigue you. Each time you acquire new information, you feel you can help people who need the same information.

It's very likely that you think intensely whenever you are working on tasks that match your area of expertise or pique — that is, arouse and excite — your natural curiosity. Rarely do you allow distractions to pull your mind away from topics, issues, questions, or experiments that intrigue you. Intrusions that often distract others are seldom a problem for you.

Because of your strengths, you yearn to know more about how the pieces and parts of something operate. You are likely to be just as curious about an individual's behavior as you are about the steps of a procedure. You probably school yourself by carefully observing, reading, investigating, experimenting, or examining documents.



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## How Learner Blends With Your Other Top Five Strengths

### LEARNER + CONSISTENCY

You want education to be scalable and available, so you strive to create systems that are efficient and fair.

### LEARNER + ACHIEVER

When you're working on a task, you really want to get it done. When you're exposed to something new, you really want to understand it.

### LEARNER + DISCIPLINE

You learn best when you have a detailed and organized learning plan. You are an engaged student when you are an efficient student.

### LEARNER + RELATOR

Your deepest, longest friendships don't stagnate because you strive to discover something new about those who are familiar.

## Apply Your Learner to Succeed

### Develop expertise in areas that interest you the most.

- ☐ Regularly study new topics and skills. Challenge yourself to learn about complex ideas, programs or experiences others might not want to explore.
- ☐ Refine how you develop your expertise. For example, you might learn best by beginning a new project; if so, find new tasks or projects to start. Or you might learn best by teaching; if so, find ways to present to others.





EXECUTING

### 3. Achiever®

**What Is Achiever?**

Achievers have a constant need for attainment. They have an internal fire burning inside them. It pushes them to do and achieve more. People with strong Achiever talents feel as if every day starts at zero. By the end of the day, they must accomplish something meaningful to feel good about themselves. And “every day” means every single day: workdays, weekends, holidays and even vacations. If the day passes without some form of achievement, no matter how small, Achievers feel dissatisfied. After finishing a challenging project, they rarely seek with a reward of a rest or an easy assignment. While they appreciate recognition for past achievements, their motivation lies in striving toward the next goal on the horizon.

### Why Your Achiever Is Unique

*These Strengths Insights are personalized based on your CliftonStrengths results.*

Consistency	Learner	Achiever	Discipline	Relator
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- Instinctively, you earnestly apply yourself to seeing things as they really are. You bring a practical, matter-of-fact, and unsentimental outlook to various discussions, projects, or planning meetings.
- Because of your strengths, you habitually bring together all sorts of information so you can refer to it later. At the instant you collect a fact, example, story, or piece of data, typically you are eager to use it. You trust it is valuable. Your fascination with knowledge has probably been part of you even before you formed the words to ask your first question.
- By nature, you intentionally raise your odds of being the best by diving into projects and working industriously. You regularly compare your scores, rankings, ratings, outcomes, or performances to those to others. You are quite motivated to participate in activities in which only one person can finish in first place.
- It's very likely that you typically approach your job or your studies with a no-nonsense, businesslike attitude. This explains why so many people think you have a very strong work ethic.

Driven by your talents, you characteristically fix your attention on updating, improving, or repairing things. You become very single-minded about revising, renovating, redesigning, or renewing programs, processes, machines, structures, or plans.



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## How Achiever Blends With Your Other Top Five Strengths

### ACHIEVER + CONSISTENCY

You tend to be most productive when you are part of a group that has efficient processes and a culture of fairness.

### ACHIEVER + LEARNER

When you're working on a task, you really want to get it done. When you're exposed to something new, you really want to understand it.

### ACHIEVER + DISCIPLINE

You accomplish more than others because you plan your work, and then you work your plan. Your organization enhances your intensity.

### ACHIEVER + RELATOR

For you, there is no better feeling than working hard with a few good friends to get a big job completed.

## Apply Your Achiever to Succeed

**Use a scoring system to keep track of all achievements.**

- ☐ Display metrics that matter in a place where you can see them often. The visual measurement of your productivity will encourage you to keep making progress toward your goals.
- ☐ Put personal achievements on your scoring system. This will help you direct your busy energy toward family and friends and work.



EXECUTING

# 4. Discipline®

What Is Discipline?

People with strong Discipline talents thrive in an organized and orderly environment. They like their days to be predictable and planned, so they instinctively find ways to organize their lives. They set up routines. They focus on timelines and deadlines. They break long-term projects into a series of specific, short-term steps and follow their plan diligently. They are not necessarily neat and tidy, but they do need precision. They create order and structure where needed. Some people may label the highly disciplined as compulsive, meticulous or control freaks, but these attributes make them productive — often more so than their critics.

## Why Your Discipline Is Unique

*These Strengths Insights are personalized based on your CliftonStrengths results.*

Consistency	Learner	Achiever	Discipline	Relator
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It's very likely that you may enjoy hearing people describe you as more serious than some of your colleagues, classmates, teammates, friends, or coworkers.

Because of your strengths, you acknowledge areas in which you excel. You have incorporated many of these activities in your plans for the future.

Chances are good that you prefer to take your time doing things. Usually your progress is more measured than rapid. You go slowly when you must bring order to lots of details, objects, data, facts, or timelines. This is especially true when you are dealing with an entirely unfamiliar task.

Instinctively, you periodically derive satisfaction from pulling newcomers or outsiders into discussions or friendly chitchat. Over time, you may have become more aware of your abilities or more accountable for your words and deeds. Maybe you claim to be more grown up than some of your coworkers, teammates, family members, classmates, or friends.

By nature, you are described as level-headed. You use reason to determine which activities need to be done first, second, and third. You are typically eager to finalize your plan so you can start working.



- 1. Consistency
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## How Discipline Blends With Your Other Top Five Strengths

### DISCIPLINE + CONSISTENCY

You personally need routine and structure to help you be efficient, and your groups need rules and systems to be efficient.

### DISCIPLINE + LEARNER

You learn best when you have a detailed and organized learning plan. You are an engaged student when you are an efficient student.

### DISCIPLINE + ACHIEVER

You accomplish more than others because you plan your work, and then you work your plan. Your organization enhances your intensity.

### DISCIPLINE + RELATOR

You always seem to have time for your family and close friends because you intentionally schedule them on your calendar.

## Apply Your Discipline to Succeed

**Look for places where you can bring structure and efficiency.**

- ☐ Identify places in your life, workplace or community where you can create an orderly environment. Doing this will bring you joy while supporting those around you.
- ☐ Engage in planned conversations with your most trusted friends and partners. Creating a routine with them ensures that your relationships stay strong in a constantly changing world.

**RELATIONSHIP BUILDING**

## 5. Relator®

**What Is Relator?**

Relator talents describe a person's attitude toward their relationships. People with strong Relator talents are drawn to others they already know. They do not necessarily shy away from meeting new people — in fact, they may have other themes that cause them to enjoy the thrill of turning strangers into friends — but they do derive a great deal of pleasure and strength from being around their close friends. A person with strong Relator talents forms close relationships with people.

### Why Your Relator Is Unique

*These Strengths Insights are personalized based on your CliftonStrengths results.*

**Consistency****Learner****Achiever****Discipline****Relator**

Instinctively, you feel most fulfilled when you are busy and simply performing routine tasks. When you have nothing to do, typically you find something to do. Sitting around and wasting time does not suit you at all.

It's very likely that you have a small number of close friends who share a foundation of intimacy and trust. You care less about how many friends you have and more about how precious those friends are.

Chances are good that you have a small group of friends who remain constant even when you haven't seen or talked to them for a while. Whether a week, a month or a year goes by, your relationships are rekindled the moment you reconnect with those special friends.

Because of your strengths, you try to find space in your busy routine for your close friends. It may not be as often as you like, but you know the value of sharing moments with people who are important in your life.

Driven by your talents, you enjoy being busy, especially when you can assist someone in need. You are likely to be a good partner at home, in the workplace, at school, or in the community. You tend to do more than is expected of you. Why? You probably worry about wasting time. This explains your habits of volunteering for projects and asking for extra duties.



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## How Relator Blends With Your Other Top Five Strengths

### RELATOR + CONSISTENCY

Your friendships have a depth of quality and equality. There is no ranking among your friends.

### RELATOR + LEARNER

Your deepest, longest friendships don't stagnate because you strive to discover something new about those who are familiar.

### RELATOR + ACHIEVER

For you, there is no better feeling than working hard with a few good friends to get a big job completed.

### RELATOR + DISCIPLINE

You always seem to have time for your family and close friends because you intentionally schedule them on your calendar.

## Apply Your Relator to Succeed

### Make time for one-on-one interactions with your friends.

- ☐ Make sure you get enough one-on-one time with the important people in your life. Periodic opportunities to interact with them will energize you.
- ☐ Take time to tell others how your relationship with them creates happiness in your life. Ask them how it enhances their happiness. Doing this with each person will show you care about them.

## What's Next?

Take these steps to start unlocking your full potential using your CliftonStrengths.



### Learn to Use Your Dominant Strengths

Read about each of your top five CliftonStrengths in this report and reflect:

- What did you read that **inspires** you?
- What did you read that **surprises** you?
- What did you read that **excites** you?
- What did you read that **challenges** you?

**Click [here](#) or scan the QR code to complete the following exercise for each of your top five CliftonStrengths:**

#### Name It

- Pick one of your top CliftonStrengths.
- List the words or phrases you read about this strength that resonate strongly with you.

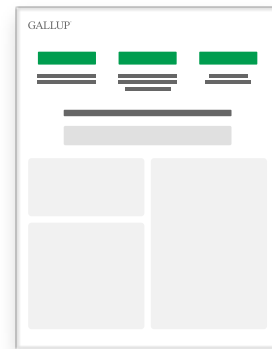
#### Claim It

- When has this strength helped you be successful in the past?
- How does this strength help you be successful in your role?

#### Aim It

- In what two ways could you start using this strength more intentionally right away?

Hint: Read the action items in this report and on your [my.gallup.com](https://my.gallup.com) dashboard for ideas.



[Click to View Activity](#)



### Use Your Resources in Gallup® Access



Our dedicated platform is focused on helping you fulfill your potential using your CliftonStrengths.

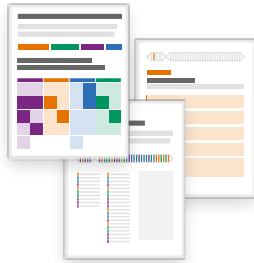
**Click [here](#) or scan the QR code to sign in to your [my.gallup.com](https://my.gallup.com) account.**

Inside, you'll find articles, videos, learning modules and other tools created specifically for your strengths-based development.





## Explore All 34 of Your CliftonStrengths®



Already have your CliftonStrengths 34 report? Great! Take some time to explore your full results.

**If you don't have it yet, [click here](#) or scan the QR code to learn how your CliftonStrengths 34 report can help you:**

- reveal your complete talent profile of 34 CliftonStrengths
- learn how to use your top 10 CliftonStrengths to set and achieve goals
- navigate your 11-34 CliftonStrengths, including understanding and managing weaknesses

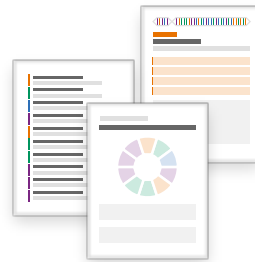


## Apply Your CliftonStrengths® in Specific Roles

Take time to explore any role-based CliftonStrengths reports you already have.

**If you don't have any, [click here](#) or scan the QR code to browse a range of reports tailored to specific roles and responsibilities.**

We offer a suite of reports designed to help you use your CliftonStrengths to excel in various areas, whether it's in management, leadership or even as a student.



## Engage in a Conversation About Your CliftonStrengths®



Share your CliftonStrengths results with the people closest to you, including your family, friends, coworkers and teammates.

Spend time talking about your CliftonStrengths with a coach, manager, mentor or adviser — someone invested in your personal and professional development.

**[Click here](#) or scan the QR code for helpful ways to share and discuss your CliftonStrengths with others.**

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