I have had previous experience with taking a strengths assessment before, but I didn’t realize that the results of my strengths assessment this time would be so different! While I don’t really remember what my previous strengths were, the Clifton Strengths Assessment results for this assignment revealed that my top 5 strengths are strategic, individualization, restorative, connectedness, and a relator. I didn’t know that these were any of my strengths before since I honestly don’t remember, but these results truly didn’t surprise me. I feel that now that I’m older I have a stronger sense of who I am and what I stand for.

To begin, the results of my strengths being a strategic, individualistic, and restorative person is not that much of a surprise to me because I’ve always known that I prefer walking towards my own path and I prefer to experience as least of an inconvenience as possible. The official definition of someone whose strength is restorative is defined as “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”. I would agree that sounds like a value that closely aligns with who I am, I prefer to face my problems head-on and resolve them quickly.

The other strengths of mine were that I am a relator and focused on connectedness. Both strengths are in relation to my previous three strengths in the sense that I am able to live the way I do by being able to relate to others and feel a sense of connectedness through them. I truly believe that everything is connected and everything has a meaning behind it. I enjoy forming close and intimate relationships with others because I feel a sense of joy and pride in knowing that I worked hard to foster a kind of relationship that feels like accomplishing a goal for me.

In terms of being able to apply the results from the Clifton Strengths Assessment results in a real-world situation, I feel that it is definitely possible to apply that in the public health domain to address core principles in public health and health equity. To acknowledge my strengths in the assessment, I believe that all of my strengths would be utilized in public health.

To be a part of the healthy people 2030 movement as a public health professional, it is important to be able to understand the target community audience and be able to relate to the population that we are trying to reach and help out. This is where my strengths in connectedness and being a relator are able to be applied in situations where people need an individual or a representative to be able to advocate for a major concern and convince them of a better resolution. In a way, the strength of being a restorator can be administered here as well since we are addressing health inequities and how to resolve them, in a way this is a restorative justice role. These strengths are important in order to sustain the health and well being of an entire population, everyone deserves someone to advocate for them and speak up for their needs. This is where connectedness and a relator most matters.

Furthermore, in order to address how to best resolve major public health issues such as health inequities, there needs to be a serious revaluation of previous strategies implemented and consider alternatives to maximizing goals and efficiency. This is where my strengths in being strategic and individualistic play a strong role in addressing core principles - alternative ways can be introduced and noticing relatvent patterns and issues can be identified and addressed. With the strength of individualization, this strength can figure out how to make everyone work together as productive as possible. I am more than capable of the applicability of my strengths and I am looking forward to applying these strengths when working in public health.