

Starter Profile

Realised Strengths

Use wisely

Unrealised Strengths

Use more

Learned Behaviours

Use when needed

Weaknesses

Use less



Adventure

You relish the risk of the untried and look forward to experiences outside of your comfort zone



Narrator

Telling stories comes very naturally to you



Unconditionality

You have an immense capacity genuinely to accept and respect people for who they are, without ever judging them



Legacy

You care about future generations and want to leave a legacy through what you do



Adaptable

You like re-arranging resources and adapting plans to meet the changing demands of new situations



Creativity

You like to be creative



Work Ethic

You have learned to work hard, putting a lot of effort and energy into your work



Drive

You have learned how to motivate yourself and you're driven to achieve more



Time Optimiser

You feel relaxed about how you spend time, and tend not to worry about squeezing more out of every minute

Learn more about the 60 strengths featured in Strengths Profile



Action



Adaptable



Adherence



Adventure



Authenticity



Bounceback



Catalyst



Centred



Change Agent



Compassion



Competitive



Connector



Counterpoint



Courage



Creativity



Curiosity



Detail



Drive



Emotional Awareness



Empathic



Enabler



Equality



Esteem Builder



Explainer



Feedback



Gratitude



Growth



Humility



Humour



Improver



Incubator



Innovation



Judgement



Legacy



Listener



Mission



Moral Compass



Narrator



Optimism



Organiser



Persistence



Personal Responsibility



Personalisation



Persuasion



Planner



Prevention



Pride



Rapport Builder



Relationship Deepener



Resilience



Resolver



Self-awareness



Self-belief



Service



Spotlight



Strategic Awareness



Time Optimiser



Unconditionality



Work Ethic



Writer

Develop Your Strengths Further

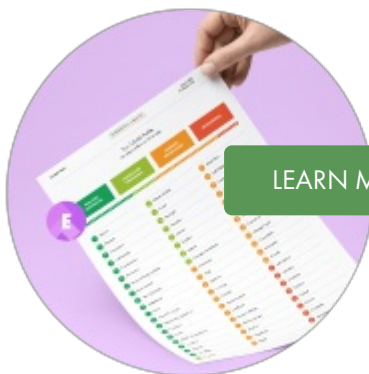
Upgrade your Profile

[LEARN MORE](#)

I Introductory Profile

Strengths quadrant revealing up to:

- 7 realised and 7 unrealised strengths
- 4 learned behaviours
- 3 weaknesses
- Descriptions and development advice for each of the above
- **Your Potential** action advice and tips to use and develop your unrealised strengths to release your potential
- **Careers Guide** revealing 8 job sectors that match your strengths so you can make conscious career choices and love your job

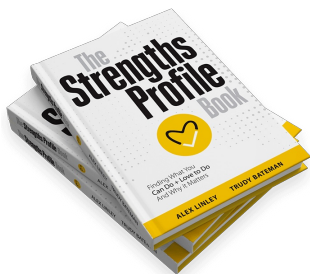
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E Expert Profile

A more detailed Profile including:-

- Your 60 strengths revealed within the 4 quadrant categories
- Your 60 strengths revealed within the 5 strengths families
- **Your Potential** action advice and tips to use and develop your unrealised strengths to release your potential
- **Careers Guide** revealing 8 job sectors that match your strengths so you can make conscious career choices and love your job

Further Resources



The Strengths Profile Book

An in-depth guide helping you to use the language of your strengths and development of those strengths further

[Find out more](#)



Best SELF

Free 'Be your Best SELF' resources including reading, videos and worksheets to continue your strengths journey

[Find out more](#)