

My personal strengths according to the Clifton Strengths Quest

[Experience](#), [Personal Experience](#)



A strength is defined as having the ability to provide nearly perfect performance in a specific activity. The key to building a fully developed strength is to identify your most prevalent talents, which can be found in the top five themes of the strengths quest assessment. The Clifton strengths quest helps students understand their strengths, talents, and even weaknesses for a future occupation. My top five results were communication, analytical, activator, relator, and individualization. I see these strengths in myself in several ways, especially as I learn the description of each one. I could relate to the definitions and characteristics that were stated in the "What makes you stand out?" section of the strength's insight and action-planning guide. I have interest in becoming a health educator and I believe that my strengths can lead me to be very successful in my future career.

Communication. My number one strength was communication. According to strength quest insight its described as one who appeals to explain, describe, host, speak in public, and to write. This description fits my personality very well. Communication has always been a key factor in my life, whether it involves relationships or previous employment, I have always believed that the best way to work things out is to talk it out. Communication will be a positive attribute when I become a health educator. Excellent verbal communication skills are needed in teaching. As stated by a teacher certification course, "No teacher will succeed if they don't have good communication skills. Clear, concise, and to the point - the better your communication skills are, the easier your lessons will be" (teacher certification, 2018). Communication will be my key to success in my health education career.

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Secondly, an additional theme that defines me is known as “ activator”. An activator is someone who makes things happen and gets business done. I admired how they described it in the personalized strengths insights, “ Let’s just do it right now attitude”. One of an activators most recognizable behaviors is the ability to turn thoughts and ideas into actions, which will be beneficial from a teaching standpoint. As Craig Benson said, “ talent is automatic”, therefore by this being one of my traits I can infer I will succeed in this career. In his presentation he mentioned the “ name it, claim it, aim it” development plan, which very much describes how an activator operates.

Health education and public health go hand in hand. According to the bureau of labor statistics, health educators, “ teach people about behaviors that promote wellness. Community health workers collect data and discuss health concerns with members of specific populations or communities” (Bureau of labor statistics, 2019). Whether teaching in a classroom or working with the community, my traits are guiding me in the right direction for my future.

Learning about my strengths has been very interesting because the results depict my personality, and now I understand myself better. I plan to maximize my strengths in a way that is both healthy and productive so that I can benefit from the talents that I have.