
Mary Chirishyan

Strengths Insight Guide

SURVEY COMPLETION DATE: 01-03-2021



DON CLIFTON

Father of Strengths Psychology and
Inventor of CliftonStrengths

Mary Chirishyan

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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.

Your Top 5 Themes

1. Competition
2. Empathy
3. Positivity
4. Adaptability
5. Includer

Competition

SHARED THEME DESCRIPTION

People who are especially talented in the Competition theme measure their progress against the performance of others. They strive to win first place and revel in contests.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

Driven by your talents, you might sometimes feel that simply being the very best is reward enough. Other times, you might feel a need to be publicly recognized as the best, the champion, or “number one.” Maybe you spend time practicing skills, expanding your knowledge, or accepting challenges. Perhaps these experiences showcase your abilities and accomplishments. It’s very likely that you might be intent on winning or being the best when you have established a mutually supportive relationship with your teacher, coach, or supervisor. Perhaps the attention of specific authority figures gives you just the boost you need to push on toward victory. Maybe you have benefited from similar relationships in the past. Because of your strengths, you reveal to certain people your deep-seated desire to succeed. Perhaps you are a bit more intentional than some individuals about striving for promotions, fame, or financial gain. Maybe you showcase your natural or acquired abilities. You might handle particular activities with apparent ease. Instinctively, you might excel when you concentrate on capturing topmost honors, first-place awards, or championship titles. Perhaps devoting yourself to one activity at a time eliminates certain annoying distractions. Being single-minded may improve your overall performance or extend your record of winning. Chances are good that you sometimes outwit people by capitalizing on your ingenuity — that is, your originality. When scores are being tallied, you might rely on your talents to emerge the victor.

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?

Empathy

SHARED THEME DESCRIPTION

People who are especially talented in the Empathy theme can sense the feelings of other people by imagining themselves in others' lives or others' situations.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

Instinctively, you occasionally credit yourself with unraveling tangled issues, dilemmas, or puzzles. Perhaps you instinctively find the right solutions or correct answers. It's very likely that you are keenly aware of the needs and desires of people. These insights allow you to freely share your knowledge, skills, experiences, and expertise with many individuals. You instinctively understand how to make others feel good. You probably are known as a giver, not a taker. Family members, friends, classmates, teammates, and acquaintances usually look forward to spending time with you. Driven by your talents, you sometimes have quick and ready insights into what individuals are sensing. Perhaps your instincts allow you to ask questions in the right way. In your dealings with people, you might know the best time to speak, listen, advise, or praise. Chances are good that you bring an emotional awareness to conversations. Many times, you ease the stress of individuals when they are about to make an important decision. You can also calm those who are struggling with the uncertainty of change. You are likely to pose probing questions to direct the thinking of others. However, you refrain from telling people what they should and should not do. Because of your strengths, you occasionally interpret the moods of people. Perhaps you sense what they are thinking or feeling at the moment they experience an event, overhear a comment, reach a goal, or make a mistake.

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Positivity

SHARED THEME DESCRIPTION

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

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

It's very likely that you may allow yourself to become emotionally attached to people. You might see the good in individuals and choose to overlook their flaws or mistakes. Perhaps the fondness you show toward others endears you to many of them. By nature, you might be thought of as pleasant or amiable — that is, easy to get along with and likeable. You might enjoy socializing or working with just about anybody. Perhaps your congenial — that is, friendly — manner and your interest in people help you identify common ground, offer compliments, ask non-threatening questions, and move in and out of conversations effortlessly. Instinctively, you occasionally coax certain visionaries to dream big dreams. Why? They might be able to generate novel ideas, products, proposals, or processes that will be important years or decades from now. Chances are good that you might concentrate on living in the present. Perhaps you have an ability to savor the good things in life as they unfold. Sometimes people comment on your cheerful, easygoing, or hopeful attitude. Because of your strengths, you may embolden some people so they begin believing in themselves. Perhaps you help them realize certain things they can accomplish in the future. Sometimes you remind them about certain things they already do well.

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Adaptability

SHARED THEME DESCRIPTION

People who are especially talented in the Adaptability theme prefer to “go with the flow.” They tend to be “now” people who take things as they come and discover the future one day at a time.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

By nature, you might deal with the requests or problems of others as soon as you learn about them. Driven by your talents, you might handle whatever tasks come your way in the course of the day. Mind-numbing routines, processes, paperwork, or production lines sometimes bore you. On the other hand, you may thrive in environments where you must deal with unexpected requests, unanticipated problems, or changing priorities. Being somewhat flexible, you might enjoy creating solutions as needs arise. Perhaps you think a bit better and accomplish a bit more when your ability to respond to situations on a moment's notice is acknowledged, used, and appreciated. Because of your strengths, you may appreciate people who are not worrywarts. You might work better with individuals who avoid fretting over unimportant details. These people might approach everyday situations or crises with an inner calmness that frees you to modify plans, rules, processes, or assignments. It's very likely that you try to think about the present and enjoy the moment. You may have a heightened sense of the impermanence of each moment — that is, its inability to last forever. You might struggle to deal with people who are rooted in the past, those who can see only the future, or those who are caught up in the stresses of the day. You might tire of individuals who are constantly busy or moving so fast they fail to enjoy their lives minute by wondrous minute. Chances are good that you occasionally can let today take care of itself. Why? Maybe you understand that tomorrow will bring its own demands, worries, concerns, and opportunities.

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Includer

SHARED THEME DESCRIPTION

People who are especially talented in the Includer theme are accepting of others. They show awareness of those who feel left out, and make an effort to include them.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

Instinctively, you sometimes team up with futurists to work on projects or assignments. Perhaps you appreciate the way their minds function. Besides, you may dislike working alone. It's very likely that you may enjoy teaming up with particular individuals rather than work by yourself. You might be attracted to people who occasionally notice your strengths. Perhaps you want to be recognized for having developed expertise in specific fields of study or for the performance of certain jobs. Driven by your talents, you periodically derive satisfaction from partnering with specific people. Perhaps you engage in certain activities if they require teamwork or interaction among individuals. Sometimes too much solitude dampens your enthusiasm or erodes your ability to be productive. By nature, you may accept individuals just as they are. Maybe this is one reason why you seem to get along with more people than others can. Sometimes you move beyond tolerating people to enjoying their company. Chances are good that you find a way to involve everyone so each person has a good experience. You strive to create a sense of belonging and acceptance. When someone feels left out, you often are the person who finds a way to engage that individual in the group's activities and conversations.

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