

Living Your Strengths

What innate talents do I

How can I be the best "version" of myself — as mother, father, spouse,



How do I find answers to these questions?!

Living Your Strengths is a process that helps you to identify, affirm, and serve from the strengths and talents with which you have been born. It includes the Clifton StrengthsFinder® assessment and St. Joseph's own workshop designed to bring participants together to explore their unique strengths and learn about the incredible power of the St. Joseph community.

Kristin Barbieri and Larry Cadorniga are offering an **overview** of the Living Your Strengths program. This is an opportunity to learn more about this dynamic and personalized experience. Come hear stories of what others have discovered and listen to what you could expect if you choose to take a Living Your Strengths workshop.



Join us on Tuesday, March 7 at 2:15 in Marian Hall's Blessed Teresa/St. Francis Room. You will be out in time to get your children from our dismissal line.

The 34 Strengths

Achiever	Activator	Adaptability	Analytical	Arranger
Belief	Command	Communication	Competition	Connectedness
Consistency	Context	Deliberative	Developer	Discipline
Empathy	Focus	Futuristic	Harmony	Ideation
Includer	Individualization	Input	Intellection	Learner
Maximizer	Positivity	Relator	Responsibility	Restorative
Self-Assurance	Significant	Strategic	Woo	