StrengthsFinder

StrengthsFinder is an online questionnaire-style assessment.**

It is designed to indicate your top five “themes of talent” from a list of 34 themes determined by research to be ways in which people are successful in their work.

Questions StrengthsFinder can help answer:

- What are my strengths as they relate to my career?
- What talents can I build upon to help me move forward in my work and my life?
- How can I increase my effectiveness in what I do and enjoy the process at the same time?

This assessment can help you:

- Identify the personal and professional strengths you already possess.
- Craft a strategy for maximizing your strengths and putting them to greater use.
- Develop an understanding of how to use your strengths to adapt to the changes you will face in your life and your work

What you get when you take this assessment:

- Strengths Insight Report (four page report)
- Strengths Insight and Action Planning Guide (18 page report)
- Your Signature Themes Report (two to three page report)
- One-On-One discussion and coaching with a Career Center advisor

For more information or to schedule an appointment, call (801) 832-2590 or stop by the Career Center in Shaw 101.

**There is a $10.00 fee to take this assessment.