



StrengthsQuest

StrengthsQuest Leadership Training helps students gain understanding about their individual "natural" talents and how to transform those talents into strengths. StrengthsQuest uses positive psychology to assist students with identifying and building on what they do best! Students also learn to utilize their strengths with others in different settings. With the understanding of one's personal strengths and the strengths of others, stronger work teams, student organizations and communities are developed.



Assessment

Clifton StrengthsFinder

30 minute online assessment that provides a report on the unique combination of one's strengths.

Cost

Assessment, Top 5 Strengths Access and "StrengthsFinder 2.0" E-Book: \$15



Supporting Resources

Books

StrengthsFinder 2.0

Strengths Based Leadership



Workshops / Training

Types of Workshops

- "Intro to Strengths" workshop
- "Strengths & Teams" workshop
- "Strengths & Leadership" workshop
- Customized workshops for your group or organization
- Coaching for individual students

Training Learning Outcomes

Students will...

- Discover and develop their strengths to levels of personal excellence.
- Identify and utilize strengths in curricular and co-curricular pursuits.
- Utilize strengths to work effectively with others.



**Office of Student
ENGAGEMENT**
WAKE FOREST UNIVERSITY

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