**Assignment 2: What are your unique strenghts**

This assignment will take ca. 45 minutes.

The objective of the assignment is to stimulate (further) awareness of your strengths in terms of:

* Activities or things that you enjoy doing, that you wake up loving to do, that (symbolically) give you energy;
* Activities or things that you know you are naturally good at, that come relatively easy to you;
* Characteristics of the environment or context that are important, sometimes even essential, to be able to connect with these strengths.

**Start with individual reflection (30 minutes).**

Describe 3 personal experiences in which you were ‘in your element’. Moments in which you did something of which you now say: ‘there I did something I thoroughly enjoyed, it gave me energy, I felt I was good at it and I would like to do more of this’.

You may draw from your work, but also studies, hobbies, social life, voluntary work or other activities. They can be small things or big. That took place recently or years back.

Describe the experiences as follows:

* What was the situation;
* What characterized the environment/context;
* What was your role;
* What did you do;
* What was it that made you feel you were good at it;
* What was that gave you joy and energy;
* What is it that makes you say ‘I want more of this’?

Moment/Experience 1:

Moment/Experience 2:

Moment/Experience 3:

Look at the moments that you wrote down.

* What conclusions can you draw:
* In what type of activities are you at your best?
* What environment or context characteristics are important for you or what needs to be present to be able to connect with your ‘best’?

When you are ready or after 30 minutes, contact your buddy.

**Teamwork (15 minutes)**

* Exchange your findings.
* Listen carefully to what your buddy found out through this assignment.
* Ask questions, probe for details
* Then feed back to your buddy what you hear in his/her story:
* In what kind of activities/type of role is your buddy at his/her best?
* What does he/she need to have present to be able to connect to his/her best?
* If there are blanks, ask each other: ‘what do you need to know to know’?

**At 12.15 return to the plenary session.**