Identifying our Strengths and Acknowledging them

Activity 2

Preparation:

1. Distribute sticky notes
2. Write each statement on a piece of posterboard
3. Hang around the room

Process:

Ask participants to choose 4 of the following statements to respond to

* This is what I want my family and friends to remember me
* I want my coworker to say this about me
* I am most confident about
* This makes me unique
* This is my greatest strength
* I am most proud of (Can’t say kids)

Ask participants to write their answers on sticky notes and place them on the corresponding posters around the room.

Once everyone has distributed their post-its, ask them to take note of the poster that has the least amount of comments on it.

This will most likely be “This makes me Unique” .

Ask the audience their thoughts on why.

Think about how hard this activity was for you. If it was especially hard this may be an area on which to focus.