



Strengths Profile Model of Development

REALISED STRENGTHS

Strengths you use and enjoy
 Perform well Energising High Use

Use wisely

UNREALISED STRENGTHS

Strengths you don't use as often
 Perform well Energising Lower Use

Use more

LEARNED BEHAVIOURS

Things you've learned to do but may not enjoy
 Perform well De-Energising Variable Use

Use when needed

WEAKNESSES

Things you find hard and don't enjoy
 Perform poorly De-Energising Variable Use

Use less