

# Facilitator Guide:

## Gathering II – Discovering Your Talents & Strengths

Review the [Facilitator Overview](#) [HERE](#).

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***During this session, we'll discuss each person's strengths. To do so, they need to take a strengths assessment and bring the results. Please remind them to complete this before this gathering.***

1. We recommend the [CliftonStrengths/StrengthsFinder](#) as it is the most thorough Strengths test. This is a paid option.
2. They may also visit the [High5Strengths](#) website. This option is free and takes about 15 minutes.
3. They can also order the StrengthsFinder book online including on the [Gallup](#) website. Please note: a used book can be interesting, but the assessment access code may have been used.
4. Once they've completed the test, they should take a screenshot of their results and/or bring their journal with their thoughts about their Strengths to our next Gathering.

### Welcome and Introduction:

Welcome back to our second gathering! As a facilitator, your role is to create a welcoming space where everyone feels comfortable participating and sharing their insights. Remember, the videos will guide us through this gathering, so relax and enjoy the experience with the group.

**Video URL:** [Exploring Your Purpose: Talents, Callings, and Influence | USU](#)

**Link to print worksheets:** [Exploring Your Purpose: Talents, Callings, and Influence - For Discussion Leaders | USU](#) (printing is optional as participants will be able to pull the worksheets up on their phones using a QR code).

### Gathering Overview: Discovering Your Talents & Strengths

This gathering will help participants:

1. Identify their unique talents and strengths.
2. Explore ways to apply these strengths effectively.

3. Build confidence in leveraging their strengths for personal growth and community impact.

## Activities and QR Code Instructions:

### Introduction and Reflection (5 minutes)

- **Overview:** The video will start with a reflection on the previous gathering, asking participants to think of one word that describes how they feel about this journey so far (e.g., motivated, challenged, supported).
- **Facilitator's Role:** Encourage participants to share their “word” with the group and briefly explain why they chose it. Share your own to start if needed.
- **Why It Matters:** This exercise helps everyone reconnect with their experiences and creates a sense of shared purpose as we move forward.

### Discussion: Understanding Strengths (10 minutes)

- **Overview:** The video will introduce the concepts of talents and strengths, differentiating between innate talents and developed strengths, to help participants think about their talents, what they enjoy doing, and how that can be a talent.
- **Facilitator's Role:** Participants will talk about types of activities they enjoy and are naturally drawn to. Click "Continue" when the video prompts you to move forward.

### Discussion: "Discovering Individual Strengths" (15 minutes)

- **Overview:** The video will help participants to understand how talents, knowledge, and skills combine to form strengths.
- **Facilitator's Role:** Participants will share their results from the strengths activity they did on their own with a partner.

### QR Code Activity: "Leveraging Strengths for Growth" (15 minutes)

- **Overview:** The video will prompt a discussion on how to apply strengths in one small step over the upcoming week or month.
- **Facilitator's Role:** Follow along with the video. You will each walk through the Discovering and Growing Your Strengths activity, then talk with a partner about small steps you can take, and then share with the group.





- **Why It Matters:** This activity promotes proactive thinking about how to use strengths in new and meaningful ways.

### **Closing Discussion (10 minutes)**

- **Overview:** The video will ask participants to share key insights with their Accountability Partner so they can prepare for next steps.
- **Facilitator's Role:** Follow along with video and make sure you all have time to plan next steps with their Accountability partner.
- **Why It Matters:** Sharing insights helps participants consolidate their learning and motivates them to apply what they've discovered.

