Class Participation – StrengthsQuest part 1
30-second Conversations – find 5 participants to share your strengths

This is where each participant will get to teach each other about their strengths.

- First – have your top 5 strength theme descriptions (from class participation) ready to go.
  - Spend a minute to review your own 1st strength
- Then find a partner to share your 1st strength
- Pair up with someone and have each person talk for 30 seconds about his/her strength while the other partner just listens and takes notes.
  - You should describe your strength in your own words and how you relate to it.
- Switch talkers after 30 seconds.
- Now spend another minute reviewing a new strength, find a new partner and begin the 30 second conversations again.
- Repeat this process until you have completed all your 5 strengths
• Total of 5 paragraphs from 5 different partners
• Each paragraph should include
  • Partner’s name
  • His/her strength – notes taken when your partner was sharing his/her strength
    • What have you learned about the other person?
      • Example: I talked with Brian, and realized his **Ideation** theme is why he’s so good at brainstorming. ........................

• Submit to ReggieNet in Word document format