

# Strengths Workshop

Our Strengths: Identifying, Maximizing and Moving Forward  
PMI Madison, January 23, 2013



<p>My strengths (not tasks I do well, my innate strengths)</p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>	<p>Recurring Challenges (things that keep me up at night, chronic issues)</p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>
<p>Things I Want To Change (e.g. attitude, tackling challenges, stress level, time for self)</p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>	<p>Resources I Need (MBTI, corporate support, coaching/mentoring, etc.)</p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>

30-Day Action Items

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+ ASSOCIATES, LLC

