

Ultimate Guide to Strengths Resources

CLICK FOR LINKS

VIDEOS

- **Strengths Exploration**
One-minute descriptions of each theme
- **Gallup Strengths Center**
Central spot on YouTube for all videos
- **Understanding Your Report**
Quick overview of your results
- **Theme Thursday**
Collection of one theme per episode.
Also a podcast and a very in depth look at themes
- **Beyond Top 5**
Video explaining strengths getting all 34

BLOGS

- **Gallup's Mastery Monday**
General blog on strengths
- **Gallup's Coaching Blog**
Articles on coaching strengths
- **Quick Intro Article**
Business leader intro on why StrengthsFinder
- **Strengths School Blog**
Applying strengths to personal, school, and work

ASSESSMENTS

- **Full 34**
Comprehensive results
- **Top 5**
Top 5 Results
- **Upgrade 5 to 34**
Taking your top 5 and upgrading to all 34

BOOKS AND MORE

- **StrengthsFinder 2.0***
General intro
- **Strengths Based Leadership***
Leadership through strengths
- **Strengths Based Parenting***
- **Strengths Based Marriage**
- **Strength Switch**
Strengths in kids and teens
- **Reading People**
Overview of popular personality tools including StrengthsFinder, MBTI, Enneagram...
- **Find Your Strongest Life**
Strengths for women which includes a different but related assessment
- **Theme Insight Cards**
Probably one of the best resources for clarity to understand strengths.
One of my favorite resources

**includes a Top 5 access code*

PODCASTS

- **Lead Through Strengths**
Strengths in a business context
- **Leadership Vision**
Teams in business
- **Live Happy Now Episode**
Strengths based parenting
- **You School**
Why strengths and clues to strengths

