

Welcome to the CBO Mentor Project- Cohort #5!

In the next few days, you will receive a book entitled Strengths Finder 2.0. Your first assignment is to read the book and do the online survey (not necessarily in that order- you can do the survey first!)

At the heart of the book is the Strengths Finder Profile. This profile will help find where you have the greatest potential for a strength and measures themes of talent.

If you want to take the survey first before you read the book, go to the internet address <http://www.strengthsfinder.com>. Follow the instructions and when prompted, insert your unique ID code. Your code is in the attached list and also in the red packet at the back of your book.

Please allow yourself at least 45 minutes of uninterrupted time to complete the profile.

The profile will orient you to the system by showing you one sample pair of statements, then the paired statements for your profile will begin. As you select one of the paired statements, remember that you should respond with your top-of-mind answer. Try not to analyze your response in detail. And don't be concerned if you find yourself marking "Neutral" for some statements. The purpose of the Strengths Finder is to isolate ***your signature themes***. If neither of the paired statements triggers a strong reaction, or if both statements fit you equally well, then obviously this statement pair hasn't tapped into one of your most dominant themes. In either case, "Neutral" is an appropriate response.

After you have completed the questions, you will be returned your top five strengths. ***PLEASE PRINT A COPY OF YOUR PROFILE AND BRING IT TO THE CLASS IN APRIL. IN ADDITION, SEND YOUR TOP FIVE STRENGTHS IN THE ORDER THEY ARE GIVEN VIA EMAIL TO MNILSSON@EDCOE.ORG BY 4/1/08 TO BE COMPILED FOR THE CLASS.***

HAVE FUN!