



## Thrive Programme Leadership Foundations Pre-work

### Pre-work: Your Strengths

Please seek feedback from your direct manager, a few of your peer group and some of your direct reports about your strengths and how they show up for you at work. You can do this in whatever way best works for you and your colleagues but we have put the attached template together as a guide.

**What do you see as my key strengths as a leader?**  
*(Please share specific qualities or skills that stand out.)*

**What leadership behaviours do I display that demonstrate this strength?**

**Can you share a specific example where my leadership made a difference?**  
*(A situation where my strengths had a positive impact on you, the team, or a project.)*


*Please bring this pre-work along to the first virtual session – this does not need to be submitted in advance. Thank you !!*