



Getting to know your strengths

In the planning process groups of people with different experiences, different expertise and different access to resources come together to resolve a problem.

Anyone can play a role in the group planning process. Your role may depend on the strengths and resources you possess. For example, your unique perspective could add something important to the group discussion. Or you might have an idea to improve the quality of life in your community.

Let's take a moment and think about what strengths you possess and what you could add to a process group.

Think about the assets you might already have:

I have the ability to...	Not at all / A little / Pretty well / Very well			
1. Find common ground with others.	1	2	3	4
2. See multiple possibilities.	1	2	3	4
3. Think about the past, present and future.	1	2	3	4
4. Listen.	1	2	3	4
5. Solve problems.	1	2	3	4
6. Be creative.	1	2	3	4
7. Consider the viewpoints of others.	1	2	3	4
8. Weigh pros and cons.	1	2	3	4
9. Speak up when I have an opinion or idea.	1	2	3	4
10. Seek out information and knowledge.		1	2	3 4

Don't worry! Even if you don't possess all these characteristics, you can still be part of the planning process. One of the benefits of working in a group is that we each bring different skills and abilities to the table.

What do you think are some other benefits of working in groups? List them here.

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Now that you've identified some the advantages, what do you imagine some of the challenges might be? Write them here.

Food for thought. Researchers have found that heterogeneous groups or groups composed of diverse participants have advantages over homogenous groups. Why do you believe that might be true?
