

Morning Breakout Workshops

11:20-11:50 AM

Choose one workshop

Strengths 101

Room: 111

Presenters: Tori Ward, Alex Podtburg - Kansas State University

Description: Do you want more help or experience with the foundations of strengths? This session will allow you to move from strengths identification toward Strengths development by applying your top 5. Whether you are new to strengths philosophy or would like a refresher on its foundations, join us to practice Naming, Claiming, and Aiming your Clifton Strengths during this introductory workshop.

Balconies and Basements: Growing Your Top 5

Room: 123

Presenters: Erin Jackson, Sarah Hemenway - Kansas State University

Description: Do you want to learn how to overcome challenges using your strengths? This workshop will give you a new outlook on each of your Top 5 by examining their balconies and basements. Learn about the assets and vulnerabilities of your strengths by engaging with other students to share “Moments of Excellence” and find ways to personally apply your strengths.

Strength Integration in Your Career

Room: 127

Presenters: Myah Anderson, Sarah Leach - University of Nebraska-Lincoln

Description: Discover how to harness the power of Clifton Strengths throughout your job search and career advancement, even as a young professional. From interviews and applications to excelling in internships and finding the perfect employment fit, learn practical strategies to leverage your unique strengths at every stage of your young professional journey.

Afternoon Breakout Workshops

1:10-2:05 PM

Choose either one 55-minute workshop, or two 25-minute workshops (one from each block)

55-Minute Workshops

Leveraging Strengths to Increase Well-Being

Room: 123

Presenters: Chloe Heller, Hannah-Kate Kinney, Jade Erickson - University of Nebraska-Lincoln

Description: Explore the core components of well-being that focus on fulfillment beyond professional and academic success. Gain insights on leveraging Clifton Strengths to cultivate a holistic sense of well-being that transcends professional or academic success.

The Strength of a Story

Room: 127

Presenters: Emily Lanie, Caden Gurwell - Kansas State University

Description: "The past is behind you; learn from it. The future is ahead; prepare for it. The present is here; live it." - Thomas S. Monson. In this session, we will be taking a deep dive into what makes us all unique: our own stories. We will explore how to effectively communicate our past, present, and future experiences, to motivate others to develop their strengths. During this session, we will share stories to learn about our past, but not be defined by it; to build our future, but not be consumed by it; and most of all, to embrace the present and apply our strengths to their maximum potential.

Block One Workshops (1:10-1:35 PM)

Generating Strengths Energy on Your Campus

Room: 112

Presenters: Isha Kishore, Jacob Vanderford - University of Nebraska-Lincoln

Description: Engage in discussion on effectively integrating Clifton Strengths into your campus involvements to cultivate appreciation and awareness. Explore practical strategies for sharing your strengths with peers and campus organizations, fostering a culture of strength-based growth and collaboration.

Harnessing Strengths to Empower Your Career Journey

Room: 111

Presenters: Roxana Linares, Lucas Oluoch – Kansas State Salina

Description: Are you preparing yourself to be the best candidate for your dream job? This session will guide you to harness your strengths in ways which make you a candidate that stands out. Create "Why you should hire me" statements, My Strengths statements, and Weakness Rebuttal Statements that showcase assets of your Top 5 Strengths.

Block Two Workshops (1:40-2:05 PM)

Embedding Strengths in Student Organizations

Room: 111

Presenters: Lauren Thompson, Holt Williams - Kansas State University

Description: Are you looking to develop a strengths-based culture in your student organizations? Learn how you can cultivate success as a peer leader by harnessing your individual strengths in a team setting! Join us for a session focused on leveraging your unique talents for effective teamwork and personal growth.

Setting Strengths-Based Goals

Room: 112

Presenters: Carly Gorter, Carolina Barraza - University of Nebraska-Lincoln

Description: Engage in interactive activities and discussions aimed at mastering the art of setting and attaining goals, both big and small, by leveraging your innate talents. Discover how to align your Clifton Strengths with your aspirations to create a personalized roadmap for success.