



Living Your Strengths

(Sponsored by the Stewardship Committee of Holy Family)

The Bishops of the United States understand the importance of each person coming to know ourselves powerfully as the persons God created us to be. In their letter on evangelization they write:

“Unless people know the grandeur for which they are made, they cannot reach fulfillment and their lives will be incomplete. Nor will they know that they are called into interpersonal union with God and with each other.”

Living Your Strengths helps individuals discover the person God created them to be. *Living Your Strengths* is both a book and a process. It is the result of research with over 3 million people in a forty-year span. In conversations, focus groups and surveys, Dr. Donald Clifton and the Gallup Organization identified 34 themes of talent, or strength, that people possess in one degree or another. Following that research, Clifton and his team developed the Strengths Finder, an online questionnaire that takes only a half an hour to complete. At the end of the half hour, an individual has a list of his or her Top 5 “Signature” themes – the five ways in which we naturally interact with people and information most strongly.

When people discover and develop their talents, rather than trying to fix their weaknesses, they find a new and powerful sense of purpose in their lives: their relationships are strengthened, their everyday lives are transformed; they find themselves being drawn out toward the needs of others, and they report being more patient, collaborative, and forgiving.

At Holy Family we have established several ways to help people learn more about the God-given talents each of us has, ways to grow them, and how to use them in their everyday lives; including the use of them in parish ministries in which they are already involved or new ones.

- + **A Four part series** (1 ea. week for 4 weeks) of reflection /discussion/interaction with others To help deepen the understanding and use of their talents in their relationship with God and one another.
- + **A Day of Reflection** (9am – 3pm) includes discussion, reflection, interaction that aides them in a deeper understanding of the their talents and the use of them in their lives.
- + **A 1 on 1 session** with a trained Strengths Coach to further explore the understanding, growth and use of their talents in their relationship with God and each other. (by appointment only)

For more information about the Living Your Strengths programs contact Ginny Silvers, at: 408-266-5058 or patricksilvers@att.net

Discover Your Talents

Enrich Your Life

Inspire Our Community

Live Your Strengths