

Talking about Strengths & Weaknesses



What is Strength and Weakness?

- Strength or weakness is not related to anything physical or financial.
- It is something internal and expressed through a person's attitude.
- These are the skill sets which define one's personality and can be acquired if one is determined and persistent.



Ways to identify Strengths

Ajay: Hi Vijay! How are you?

Vijay: Hello Ajay! I am fine, how about you?

Ajay: I am doing good .Why are you sounding so low?
Is everything okay?

Vijay: Actually, it's been a year since I graduated and I still don't have a job in hand. I am dependent on my parents and I don't feel good about it.

Ajay: I can understand how you feel.



Ways to identify Strengths

Vijay: Yes, I feel like I don't have any skill sets and am afraid that I can't move forward and grow in my life.

Ajay: I think you have been a brilliant student in your college days and all you need might be some guidance.

Vijay: Yes, true, but I don't know whom to go and talk to.

Ajay: I suggest that, you talk to our english professor who always supported you in college. He may help you to recognize your strengths. You can also talk to your friends and family who have seen you doing well in the past.

Ways to identify Strengths

Vijay: Yes Ajay, you're absolutely right! Now I feel confident. I will talk to the people whom I trust and start working on myself. Thank you so much for your valuable advice.

Ajay: Pleasure is all mine, my friend. All the very best for your future!

(Here, Ajay is advising Vijay on how he can identify his strengths and achieve success in life).



Some Strengths & Weaknesses

STRENGTHS

- ❖ Creativity
- ❖ Adaptability
- ❖ Focussed
- ❖ Taking Initiative
- ❖ Continuous Learning
- ❖ Dedicated
- ❖ Dependable
- ❖ Team Player
- ❖ Good Listener
- ❖ Managing time
- ❖ Handling criticism
- ❖ Crisis management
- ❖ Ability to communicate
- ❖ Patience
- ❖ Sensitive to needs of others
- ❖ Being positive

WEAKNESSES

- ❖ Self blame
- ❖ Impatient
- ❖ Too detail oriented
- ❖ Inability to speak in a public forum
- ❖ Introvert
- ❖ Lazy
- ❖ Too Sensitive
- ❖ Short tempered
- ❖ Over confident
- ❖ Lack of communication

Understanding & Accepting One's Weakness

Shyam: Hey bro, how are you?

Mohan: Hi, I am fine. How are you?

Shyam: I am good. So how's everything at work?

Mohan: Ahh, don't ask. It's all messed up.

Shyam: oh, why ? What happened? Is everything okay?

Mohan: No, my manager is never satisfied with my work.

Shyam: Well that's sad, but can you tell me what exactly happened recently?

Understanding & Accepting One's Weakness

Mohan: So, yesterday, I gave a presentation which didn't cover all the aspects, according to my manager.

Shyam: Okay, so Mohan, are you sure you covered all the points from your end to give a brilliant presentation?

Mohan: Ugh No. Actually, the day before, I couldn't spend enough time on my presentation. I too feel that I may have missed some important aspects.

Shyam: So now, do you think your boss is still wrong about this?

Mohan: No. But this happens every time..

Understanding & Accepting One's Weakness

Shyam: You may be missing out on something important everytime. You may need to be more focussed and do your work with more dedication and sincerity.

Mohan: Yes Shyam, you are right. Now I have realized that I need to focus more on details. I need to take notes properly and become a better listener. From now on, I will work on these aspects and will earn a good name from my boss.

(Here mohan is open to feedbacks and also understands his weaknesses and finds a way to overcome the same which will help him succeed in his life).

Develop new skills

Rohan: Hello Vasu. How are you?

Vasu: I am fine and you?

Rohan: I am fine too. How is your preparation for the final semester on?

Vasu: It is good. I am hoping to get good grades..

Rohan: I am scared of the English exam. As you are aware, I am weak in English. Can you suggest something to improve my English?

Develop new skills

Vasu: You have to develop the four language skills if you want to develop your overall skill in English.

Rohan: What are these four skills and how can I develop them?

Vasu: The skills are listening, speaking, reading, and writing.

Rohan: Oh, I see! Is that all?

Develop new skills

Vasu: No. Every day, you have to write some pages. Besides, you have to learn new vocabulary and their correct usage and spelling. You have to write your diary in English every day.

Rohan: How can I develop my reading skills?

Vasu: You need to read the English newspaper daily. This way, you can develop your reading skills easily.

Rohan: What about pronunciation?

Develop new skills

Vasu: You can watch BBC, CNN, National Geographic Channel or English news on television to develop your pronunciation skills. You can also speak in English to one another in the class.

Rohan: It is an excellent idea. I hope to improve before the finals. Thank you very much for your suggestions.

Vasu: You are most welcome. See you again.

(Developing new skills are very important in this competitive world and learning new skills makes us stand tall in the society).

ACTIVITY

Students to talk about 3 strengths and 3 weaknesses and the ways they can improve their weaknesses:

Examples:

Strengths

I am punctual because I like to reach on time wherever I go.

I am disciplined because I do my work orderly.

I am adaptable to a given situation and can easily change myself according to the environment.

ACTIVITY

Weakness

I am an over sensitive person and hence I become emotional at times. But I am learning how to manage my emotions.

I sometimes blame myself when things go wrong even when I am not responsible for it. I am learning not to do so because, things are, many a times, beyond my control.

I have the fear of speaking in a public forum. But I am working on it by attending classes on public speaking.

Watch + Learn!

Play classroom video 1 and video 2

The Unnati Way - Stand Tall

For Classroom discussions:

1. Everyone has a set of strength & weakness. What are yours? Have you put in effort to think about it?
2. Can you make your strength a great contributor to your and your team's success? (As in Cricket- bowlers, batsmen, all rounders combination)
3. Do you recognise your weaknesses? Are you willing to take help from the right source?
4. Do you realise that continuous learning is a key element to success in life?

Summary

- Have you been able to identify your strengths?
- Should I work on strengths which help in furthering my career?
- Should I volunteer to talk about my weaknesses in an interview?
- Do we need to accept our weaknesses and improve on them?
- Should I continuously keep improving myself and gain newer strengths?
- Will this improve my professional & personal life?
- Will people appreciate my attitude if I keep overcoming my weaknesses?