

# Strengths Brown Bag Lunch Series 2011-2012

Date	Day	Start	End	Title	Location	Description
9/14/2011	Wed	12:00 PM	1:00 PM	Strengths + Academics = Graduation	Clark 100H	What do you excel in? Do you think it has nothing to do with school? WRONG!!! This session will show you how to use your strengths in the academic setting. We will discuss how to develop your talents and how to find creative techniques that can be applied to studying, writing, group projects, and even test taking.
10/18/2011	Tue	12:00 PM	1:00 PM	Leading With Strengths	Clark 140 (Student Involvement)	To be the best leader you can be, it helps to lead with your strengths. However for most of us, it can be challenging to know our own strengths. Come learn more about your strengths and how you can best use them as a leader. You will also discover how to enhance your entire team through discovering, developing, and applying the strengths of others around you.
11/14/2011	Mon	12:00 PM	1:00 PM	How Leveraging Your Strengths Can Increase Your Happiness	Clark 100H	Are you living your best life possible? Are you passionate about what you do most days? Come learn how playing to your strengths can actually enrich your life and fuel your passion. Only 2 out of 10 people work in jobs where they play to their strengths but they are the most successful and fulfilled. Whether you're a student, staff, or faculty member, you'll leave the workshop with a plan for leveraging your strengths and increasing your happiness!
2/14/2012	Tue	12:00 PM	1:00 PM	Strengths and Relationships: Enhancing Your Connections	Clark 100H	We have many relationships in our lives: parents, teachers, professors, siblings, roommates, friends, teammates, and others. But in all your relationships, who is your best cheerleader? Viewing your relationships through the lens of strengths can give you a new perspective on how you relate to the people in your life. If you knew your partner craves social interaction, how would that change how you interact with her? If you understood that your brother revels in planning and details matter to him; how would that change how you schedule activities with him? Understanding the talents of the people in your life can give you a deeper appreciation of how they view the world -- and what they need from you. Come join us for a conversation on St. Valentines Day on Strengths and Relationships.
3/14/2012	Wed	12:00 PM	1:00 PM	Strengths and Self-Promotion: A strengths based approach to YOUR 1 minute commercial	Clark 100H	Ever found yourself at a loss for words in front of a potential employer? Concise and impactful self-promotion is vital for any job/internship candidate. Come learn how easy it is to incorporate your strengths into your one-minute commercial. This workshop will provide you with information on how to start building a strengths-based approach to help you stand out from the crowd!

Date	Day	Start	End	Title	Location	Description
4/19/2012	Thu	12:00 PM	1:00 PM	Creating Community Connections Using Our Strengths	Clark 100H	As groups or teams go further with a strengths based approach, many are finding a productive foundation for creating community connections. How do we utilize our strengths to enhance the diversity and service learning values of SJSU? Come get involved and be prepared to walk away with new connections and new ideas to use your strengths.