



**QWeST**

**Qualities & Strengths**

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Sharing stories	Advocating for others	Listening well	Keeping up-to-date
Making connections	Showing vulnerability	Adaptable if plans change	Having keen insights
Pausing before jumping in	Asking questions that are on the button	Knowing all the boxes that need to be ticked	Being open to changing my mind
Giving things a go	Being a mover and shaker	Including those who might get left out	Owning up to feeling out of sorts
Saying the thing that's been left unsaid	Having nifty ideas	Fessing up when I get it wrong	Asking others for help
Creating a warm feeling	Owning up to what I do well	Helping people feel heard	Remembering small details
Being ok with not knowing	Being aware of my impact on others	Holding off on making assumptions	Showing genuine curiosity

Creating a sense of safety	Talking about sensitive subjects	Building others confidence	Noticing things that might be missed
Staying calm when things get hectic	Giving feedback that supports growth	Knowing when to stop talking	Showing quiet confidence
Being resourceful	Going left field	Gentleness	Making mischief
Being aware of how what I say lands with others	Finding ways to compromise	Showing appreciation to others	Wanting to understand other people's experiences
Being clear in what I say	Showing an eagerness to learn	Bringing some lightness	Saying something surprising
Searching out different perspectives	Putting brave pants on	Sharing how I feel	Helping others to feel special
Showing perseverance	Making time for others	Being open to hear other's concerns	

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