Be a Strengths-Based Leader:

- Identify team members’ strengths and acknowledge when they are using their strengths.

- Engage in difficult conversations in a respectful manner, have a ‘Care-frontation’ rather than confrontation.

- Fully engage in your own strengths and use strengths language in internal and external communications (i.e. emails, speeches, meetings).

- Attend strengths trainings and encourage others to attend to learn more about their own strengths and the strengths of others.

- Change your NKU password to a strength or positive phrase as a reminder to lead with strengths and positivity every day.

- Meet people where they are, regularly ask how people are doing; listen and care about the response.

- Honor and value others’ humanity and strengths by showing appreciation and recognizing their unique contributions.

- When caught in a downward spiral of negativity, call yourself out on it and change the thought and communication to a positive strength. Look for the strength or positivity in a negative situation.