

Session #1 – Pre-Work Assignment

The first step in your successful participation in Session 1 of the WIC-Nutrition Leadership Series is to read the introduction (pages 3-13) of the publication **Now, Discover Your Strengths** (included in this mailing), and to complete the on-line **StrengthFinders Profile of you Signature Themes**. Follow the instructions on pages 76-80 on of the publication to complete your Profile. Once you've completed your Profile, print out the results. **Please bring this hardcopy of your Profile to Session 1.** You will be using your profile for your own purposes during Session #1.

You are welcome to review your Profile using Chapter 4 of **Now, Discover Your Strengths** as a guide to identifying your “signature themes”....your strengths!

