



CliftonStrengths® Top 5 for Rachel Hislop

This report presents your five most dominant CliftonStrengths revealed by your responses to the CliftonStrengths assessment. Use this report to learn more about these strengths, how they uniquely show up in your life and how you can use them to fulfill your potential.

1. Restorative™

You are adept at dealing with problems. You are good at figuring out what is wrong and resolving it.

2. Achiever®

You work hard and possess a great deal of stamina. You take immense satisfaction in being busy and productive.

3. Empathy®

You can sense other people's feelings by imagining yourself in others' lives or situations.

4. Adaptability®

You prefer to go with the flow. You tend to be a "now" person who takes things as they come and who discovers the future one day at a time.

5. Input®

You have a need to collect and archive. You may accumulate information, ideas, artifacts or even relationships.

 **EXECUTING** themes help you make things happen.

 **INFLUENCING** themes help you take charge, speak up and make sure others are heard.

 **RELATIONSHIP BUILDING** themes help you build strong relationships that hold a team together.

 **STRATEGIC THINKING** themes help you absorb and analyze information that informs better decisions.



- 1. Restorative
- 2. Achiever
- 3. Empathy
- 4. Adaptability
- 5. Input

You Are Uniquely Powerful

Your unique sequence of CliftonStrengths and the personalized Strengths Insights in this report are the result of your answers to the CliftonStrengths assessment.

We designed this report to help you learn more about your most dominant CliftonStrengths: what they are, how they interact and how to use them to succeed.

What do the colors mean?

Each of the 34 CliftonStrengths fits into one of four domains. These domains describe how CliftonStrengths helps you execute, influence others, build relationships, and absorb and think about information.

EXECUTING

- | Achiever
- | Arranger
- | Belief
- | Consistency
- | Deliberative
- | Discipline
- | Focus
- | Responsibility
- | Restorative

INFLUENCING

- | Activator
- | Command
- | Communication
- | Competition
- | Maximizer
- | Self-Assurance
- | Significance
- | Woo

RELATIONSHIP BUILDING

- | Adaptability
- | Connectedness
- | Developer
- | Empathy
- | Harmony
- | Includer
- | Individualization
- | Positivity
- | Relator

STRATEGIC THINKING

- | Analytical
- | Context
- | Futuristic
- | Ideation
- | Input
- | Intellection
- | Learner
- | Strategic

**EXECUTING**

1. Restorative™

What Is Restorative?

People with strong Restorative talents love to solve problems. While some are discouraged when they encounter yet another breakdown, this energizes those with strong Restorative talents. They enjoy the challenge of analyzing symptoms, identifying what is wrong and finding the solution. They like bringing things back to life by fixing them or rekindling their vitality. In short, they bring courage and creativity to problematic situations.

Why Your Restorative Is Unique

These Strengths Insights are personalized based on your CliftonStrengths results.

Restorative**Achiever****Empathy****Adaptability****Input**

Driven by your talents, you prefer to register for rigorous courses of study rather than take easy classes. This often satisfies your need to do things that do not come naturally. You trust you can endure the unpleasantness and difficulties that accompany the expansion of your knowledge base, the acquisition of skills, and the conquest of deficiencies.

By nature, you usually offer people useful suggestions about what needs to be fixed, upgraded, renovated, or done better.

Because of your strengths, you automatically look for better ways to distribute available human or material resources. When the current plan no longer works, you simply redesign it. Then you show individuals or groups how the new process can help them be much more productive, efficient, or effective.

Instinctively, you surround yourself with conscientious individuals who are driven to do important work. They probably motivate you to work even harder. You are on a quest to enhance your outcomes. You yearn to distinguish yourself from other strong performers. You continually strive to upgrade the quality of your results.

Chances are good that you unlock the door to success by conquering your shortcomings. You intentionally set goals that force you to confront your limitations. Typically you aim to gain a working knowledge of unfamiliar subjects and acquire enough skill to produce acceptable results.

**1. Restorative**

2. Achiever

3. Empathy

4. Adaptability

5. Input

How Restorative Blends With Your Other Top Five Strengths

RESTORATIVE + ACHIEVER

For you, a good day is getting everything on your to-do list done or fixing something that is broken. A great day is when you do both.

RESTORATIVE + EMPATHY

You notice the emotional causes and effects of problems. Success for you is resolving issues and restoring emotional stability.

RESTORATIVE + ADAPTABILITY

You take time to smell the roses, but if you see bugs on the roses, you get the insecticide.

RESTORATIVE + INPUT

Your ability to diagnose and solve problems is enhanced because you know how to acquire and use tangible resources that work.

Apply Your Restorative to Succeed

Identify simple problems with big potential for improvement.

- ☐ Volunteer to help with quick fixes for issues you notice. While a simple fix may be easy for you to see, it may be elusive to others when contending with the same problems.
- ☐ Be patient when addressing complex situations with many components. Acknowledge that fully restoring such processes can take time.

**EXECUTING**

2. Achiever®

What Is Achiever?

Achievers have a constant need for attainment. They have an internal fire burning inside them. It pushes them to do and achieve more. People with strong Achiever talents feel as if every day starts at zero. By the end of the day, they must accomplish something meaningful to feel good about themselves. And “every day” means every single day: workdays, weekends, holidays and even vacations. If the day passes without some form of achievement, no matter how small, Achievers feel dissatisfied. After finishing a challenging project, they rarely seek with a reward of a rest or an easy assignment. While they appreciate recognition for past achievements, their motivation lies in striving toward the next goal on the horizon.

Why Your Achiever Is Unique

These Strengths Insights are personalized based on your CliftonStrengths results.

Restorative**Achiever****Empathy****Adaptability****Input**

Driven by your talents, you spend hours unraveling the mysteries of complicated procedures, routines, or systems. Your step-by-step descriptions help numerous individuals understand how things operate.

Instinctively, you dedicate yourself to practicing your craft and expanding your knowledge base. Becoming highly proficient is a priority for you. You likely have established a reputation for being very well-informed, well-practiced, and well-prepared. You typically have great difficulty working with individuals who wing it — that is, do the best they can without studying or planning.

It's very likely that you are much more industrious when you are working on projects you feel are really important. Your fervor increases whenever the outcomes directly impact the quality of your life.

By nature, you ordinarily take time and exert extra effort to comprehend what you are reading. You probably refuse to rush through written material. Why? You likely intend to commit to memory as many facts and concepts as possible.

Because of your strengths, you throw yourself into your work even when you are personally inconvenienced. You usually place the well-being of others above your own.



- 1. Restorative
- 2. **Achiever**
- 3. Empathy
- 4. Adaptability
- 5. Input

How Achiever Blends With Your Other Top Five Strengths

ACHIEVER + RESTORATIVE

For you, a good day is getting everything on your to-do list done or fixing something that is broken. A great day is when you do both.

ACHIEVER + EMPATHY

Your drive to get things done and produce results is always influenced by your awareness and expression of emotion.

ACHIEVER + ADAPTABILITY

You drive hard to complete tasks, but you are always aware of present realities and responsive to immediate pressures.

ACHIEVER + INPUT

Achievement is not just about working harder. Having the right tools, equipment, or information helps you work smarter.

Apply Your Achiever to Succeed

Use a scoring system to keep track of all achievements.

- ☐ Display metrics that matter in a place where you can see them often. The visual measurement of your productivity will encourage you to keep making progress toward your goals.
- ☐ Put personal achievements on your scoring system. This will help you direct your busy energy toward family and friends and work.

**RELATIONSHIP BUILDING**

3. Empathy®

What Is Empathy?

People with strong Empathy talents can sense the emotions of those around them. They can feel what others are feeling as though the emotions were their own. They intuitively see the world through others' eyes and share their perspectives. They perceive people's pain or joy, sometimes before it is even expressed. Their instinctive ability to understand is powerful. They can hear unvoiced questions and anticipate needs. Where others grapple for words, they seem to find the right things to say and strike the right tone. As a result, they help people express their feelings — to themselves as well as to others. They help people give voice to their emotional lives.

Why Your Empathy Is Unique

These Strengths Insights are personalized based on your CliftonStrengths results.

Restorative**Achiever****Empathy****Adaptability****Input**

It's very likely that you have keen awareness and insights into the moods of individuals. You tend to be highly responsive to others' thoughts and feelings. Not everyone can sit with a person as he or she experiences a full range of emotions: happiness, anger, frustration, gratitude, contentment, sadness, elation, despair, or grief. You rarely distance yourself from those who you sense need you to be there for them.

Chances are good that you realize more than most of your teammates do that it makes sense to trust your instincts — that is, your gut feelings — when deciding how to resolve issues, complaints, grievances, or puzzles.

Driven by your talents, you are very choosy about the company you keep and the people you call "friends." Many individuals recognize that you are keenly aware of what they are thinking and feeling at a particular moment.

Instinctively, you frequently consider what you want to make better about yourself, a project, another person, a plan, or an event. When people recognize your commitment to quality, many are willing to reveal to you their innermost thoughts and feelings. Few things mean more to you than being trusted not to tell anyone what was meant for you alone to hear.

By nature, you are pleased when your teammates trust you enough to tell you about their ambitions, doubts, suggestions, worries, plans, concerns, or questions.



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How Empathy Blends With Your Other Top Five Strengths

EMPATHY + RESTORATIVE

You notice the emotional causes and effects of problems. Success for you is resolving issues and restoring emotional stability.

EMPATHY + ACHIEVER

Your drive to get things done and produce results is always influenced by your awareness and expression of emotion.

EMPATHY + ADAPTABILITY

Because you live primarily in the here and now, you have a keen sense of both situational and emotional realities.

EMPATHY + INPUT

You can sense the emotions of people and the usefulness of stuff. Your understanding and resourcefulness help you care for others.

Apply Your Empathy to Succeed

Help people be more sensitive to others' feelings.

- ☐ Help your people be more aware when someone is having a difficult time. Remember, most people do not have your ability to pick up on sensitive situations.
- ☐ Give a voice to people's emotions. When you notice that someone has a feeling they are not expressing, create space for them to share so that they can be fully heard in the moment.

**RELATIONSHIP BUILDING**

4. Adaptability®

What Is Adaptability?

People with strong Adaptability talents live in the moment. They don't see the future as a fixed destination. Instead, they see it as a place that they can create out of the choices they make right now. They discover their future one choice at a time. This doesn't mean that they don't have plans. But their Adaptability talents enable them to respond willingly to the demands of the moment, even if circumstances pull them away from their plans. They don't resent sudden requests or unforeseen detours. They expect them. On some level, they may look forward to them. They are, at heart, very flexible, and they can stay productive when circumstances pull them in many different directions at once.

Why Your Adaptability Is Unique

These Strengths Insights are personalized based on your CliftonStrengths results.

Restorative**Achiever****Empathy****Adaptability****Input**

Chances are good that you might deal with the requests or problems of others as soon as you learn about them.

Because of your strengths, you occasionally slow down to gaze at the beauty of your environment. You have an easier time fitting into new settings than some people do. Why? You probably are fascinated by the aesthetic qualities of each place.

Driven by your talents, you picture yourself handling situations and issues that could arise in the coming months, years, or decades. You mentally rehearse what you plan to do in various worst-case and best-case scenarios. Your forethought prepares you to deal with whatever happens. You are a flexible person. You are not easily flustered by unexpected events, problems, or opportunities.

By nature, you occasionally can let today take care of itself. Why? Maybe you understand that tomorrow will bring its own demands, worries, concerns, and opportunities.

Instinctively, you are impelled to coordinate the many details of your life. You consciously avoid chaotic situations. Often you mentally rehearse how you will maneuver around expected and unexpected situations. First, you outline steps for reaching goals. Second, you make whatever adjustments are needed as conditions change. You rarely lose sight of what you want to accomplish in the coming months, years, or decades.



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How Adaptability Blends With Your Other Top Five Strengths

ADAPTABILITY + RESTORATIVE

You take time to smell the roses, but if you see bugs on the roses, you get the insecticide.

ADAPTABILITY + ACHIEVER

You drive hard to complete tasks, but you are always aware of present realities and responsive to immediate pressures.

ADAPTABILITY + EMPATHY

Because you live primarily in the here and now, you have a keen sense of both situational and emotional realities.

ADAPTABILITY + INPUT

You are aware of needs because you live in the present, and you often have what you and others need because you gather useful resources.

Apply Your Adaptability to Succeed

Fine-tune your responsiveness.

- ☐ Keep making progress when unexpected things happen. The calmness you bring when things quickly change helps those around you to be able to press ahead with you.
- ☐ Act quickly when urgent matters arise. Those around you may depend on your comfort in the moment to help them see what needs to be done.

**STRATEGIC THINKING**

5. Input®

What Is Input?

People with strong Input talents are inquisitive and always want to know more. They crave information. They might collect ideas, books, memorabilia, quotations or facts. Whatever they collect, they do so because it interests them. They find many things interesting and have a natural curiosity. The world is exciting precisely because of its infinite variety and complexity. A few minutes spent surfing the internet may turn into hours once their curiosity takes off. They constantly acquire, compile and file things away. Their pursuits keep their minds fresh. They know that one day the information or things they've gathered will prove valuable.

Why Your Input Is Unique

These Strengths Insights are personalized based on your CliftonStrengths results.

Restorative**Achiever****Empathy****Adaptability****Input**

Chances are good that you enjoy spending time with those who think about historical events and the people who played a major or minor role in them. Reading historians' writings or listening to their conversations probably fills your mind with questions. You enjoy filing away the answers, sensing one day all this information will be useful. Whether it actually does become useful makes no difference to you. Knowledge is its own reward, in your opinion.

Because of your strengths, you gravitate to serious conversations where people exchange ideas, concepts, or theories. You avoid small talk, rumors, and gossip. Considering all the information you have gathered, you decide what is and is not worth remembering. You have a way of cataloging knowledge so you can quickly recall it later.

By nature, you probably feel restless until you have found a better way to describe the finer points of complicated procedures. When you succeed, many people start to understand the procedures and how they work. You are apt to derive satisfaction from outlining the intricate steps of processes.

Instinctively, you usually equate education — formal and informal — with understanding more about something today than you understood about it yesterday.

Driven by your talents, you possess the physical and mental endurance needed to spend hours studying, reading, or researching. The more you know, the more questions you have to ask. Your diligence reflects your need to work harder and longer than most people can. You set lofty goals for yourself and relentlessly pursue them. Once you have reached your objective, you direct much of your energy toward a second goal. You are self-motivated. You prefer to push yourself rather than relax.



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How Input Blends With Your Other Top Five Strengths

INPUT + RESTORATIVE

Your ability to diagnose and solve problems is enhanced because you know how to acquire and use tangible resources that work.

INPUT + ACHIEVER

Achievement is not just about working harder. Having the right tools, equipment, or information helps you work smarter.

INPUT + EMPATHY

You can sense the emotions of people and the usefulness of stuff. Your understanding and resourcefulness help you care for others.

INPUT + ADAPTABILITY

You are aware of needs because you live in the present, and you often have what you and others need because you gather useful resources.

Apply Your Input to Succeed

Find different ways to gather and organize resources.

- ☐ Develop a system for storing and easily finding information to share with others. This can be as simple as an email folder setup or as sophisticated as a computer database. This system will help you quickly locate information that you can share with others.
- ☐ Meet with people interested in learning about the information you have collected. During your conversation, ask them to help you by taking notes or recording the talk. This could be another way to keep track of your resources.

What's Next?

Take these steps to start unlocking your full potential using your CliftonStrengths.



Learn to Use Your Dominant Strengths

Read about each of your top five CliftonStrengths in this report and reflect:

- What did you read that **inspires** you?
- What did you read that **surprises** you?
- What did you read that **excites** you?
- What did you read that **challenges** you?

[Click here](#) or scan the QR code to complete the following exercise for each of your top five CliftonStrengths:

Name It

- Pick one of your top CliftonStrengths.
- List the words or phrases you read about this strength that resonate strongly with you.

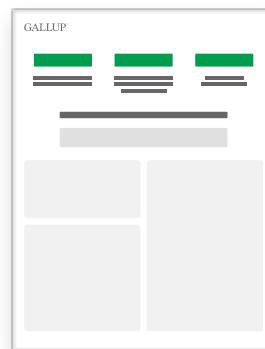
Claim It

- When has this strength helped you be successful in the past?
- How does this strength help you be successful in your role?

Aim It

- In what two ways could you start using this strength more intentionally right away?

Hint: Read the action items in this report and on your my.gallup.com dashboard for ideas.



[Click to View Activity](#)



Use Your Resources in Gallup® Access



Our dedicated platform is focused on helping you fulfill your potential using your CliftonStrengths.

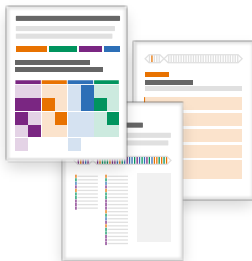
[Click here](#) or scan the QR code to sign in to your my.gallup.com account.

Inside, you'll find articles, videos, learning modules and other tools created specifically for your strengths-based development.



Explore All 34 of Your CliftonStrengths®

Already have your CliftonStrengths 34 report? Great! Take some time to explore your full results.



If you don't have it yet, [click here](#) or scan the QR code to learn how your CliftonStrengths 34 report can help you:

- reveal your complete talent profile of 34 CliftonStrengths
- learn how to use your top 10 CliftonStrengths to set and achieve goals
- navigate your 11-34 CliftonStrengths, including understanding and managing weaknesses



Apply Your CliftonStrengths® in Specific Roles

Take time to explore any role-based CliftonStrengths reports you already have.

If you don't have any, [click here](#) or scan the QR code to browse a range of reports tailored to specific roles and responsibilities.

We offer a suite of reports designed to help you use your CliftonStrengths to excel in various areas, whether it's in management, leadership or even as a student.



Engage in a Conversation About Your CliftonStrengths®



Share your CliftonStrengths results with the people closest to you, including your family, friends, coworkers and teammates.

Spend time talking about your CliftonStrengths with a coach, manager, mentor or adviser — someone invested in your personal and professional development.

[Click here](#) or scan the QR code for helpful ways to share and discuss your CliftonStrengths with others.

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