

# WOMEN LEAD WEBINAR

## The Alignment Quest

In Forté's Women Lead webinar, Dr. Laura Morgan Roberts, Associate Professor of Business Administration at the University of Virginia's Darden School of Business, spoke about what she calls "The Alignment Quest." Missed the webinar? [Watch the replay.](#)



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### TAKE IT TO WORK

Laura shared how tapping into your authentic self will help you maximize your own potential and bring out the best in others. Explore the topic further with these conversation starters.

#### GROUP QUESTIONS

- Pair up with someone you know well, and try the Reflected Best Self exercise together. Then share with the group something you learned from the other person's perspective.
- How do your individual strengths help you show up as your best self and add value for others? If you're not sure, ask the group what they appreciate about you.
- Laura discussed the benefits of focusing on others' strengths when we give feedback, using the example of a child's report card. How might you have responded to the report card before watching this webinar? Would you respond differently now?

#### INDIVIDUAL REFLECTION

- As Laura recommended during the webinar, think about a time when you were at your best self. What strengths, virtues, and talents did you demonstrate? Was it a positive experience for you?
- Are your career development plans designed to grow your strengths or overcome your weaknesses? How would they be different if you put more emphasis on activating your strengths?
- Laura talked about the praise deficit and how people underestimate the positive impact of compliments and gratitude. Who could you compliment or thank today in a concrete and specific way?