Personal strengths and their application to health education

Tamillia Cherry

HLTH 6100

Walden University

**What are your top five themes of strengths?**

1. A strong drive to achieve.
2. 2 hours without burning out. Productivity and facing new challenges is motivation enough.
3. Winning others over. Meeting strangers presents opportunity to learn and grow.
4. A strong drive to be significant and recognized by others.
5. An independent spirit. Life flows through each endeavor one undertakes. It is not a job but a part of life is a personal work mantra.

**How will you leverage your top five themes of strength to develop as a health educator?**

 Being an educator does not have a tangible goal that defines that one has indeed succeeded. One cannot define it through reaching a certain tangible concept. However, the intangible goal that defines it is the pride of seeing people who came with no skill or knowledge themselves come to a level of not only learning, but also mastering. The drive to achieve this goal has the impact of making total strangers who walk into my classroom to become part of a professional circle in which as an educator, taking pride in the fact that they have recognized my personal contribution into making strangers professional acquaintances is an achievement by itself.

 Work is not just a job, but an identity, a part of who I am. For this reason, if anyone wants to be part of it, they must have a shared interest in my passion for work. To keep the relationship strong, there must be constant growth through learning of new ideas and information sharing. That spirit has the effect of strengthening relationship and wining people over especially those who hunger for knowledge and showcasing of their skills.

**Situation in which strength allowed problem solving**

 As a health educator promoting and creating awareness regarding positive behavior change for improved health is a fundamental part of the job. However, unlike most jobs that only requires one to be in a certain mood for a given time period a day, being a health educator necessitates that one actually live the part as one. If a health educator steps and talks about smoking and the health risks associated with it, it is imperative that they too never smoke. If they promote fitness and regular exercise, it is important for them to keep an exercise routine going on. It is not what one says, but what one actually does that counts when one is a health instructor ("Being A Health Educator: What You Really Do", 2018).

 Two months ago, one of my aunts can to visit us in our home. She usually works as a secretary and most of her time is spent in an office. My aunt had gained a lot of weight and was clearly was obese. True, she wanted to lose weight and had gone to the extremities of even skipping meals. However, as any fitness instructor will point out, dieting without regular exercise of the muscles will not make one lose weight. If anything it is an unhealthy choice of life. The problem with my aunt was that she didn’t like exercising much. I knew I had to use my strength of persuasion to this new challenge. I therefore developed a simple routine for my aunt so we could exercise together in the time she was visiting. My aunt agreed since the tasks were simple and by the time she left she was used to it. My aunt recently called me and told me she had joined a fitness program and attends without failure.

**Health theme I plan to develop in future**

 The desire to achieve is my most defining theme. It is something I seek to impart into those who learn through me. When one has the desire to achieve, the accompanying mindset makes them able to see the motions involved with achieving their desired state through. Once the desired result has been achieved, it then becomes more sustainable as the person feels that they have come a long way in achieving their desired health state to simply let it go by slipping into an unhealthy state again ("Being A Health Educator: What You Really Do", 2018).

**References**

*Being A Health Educator: What You Really Do*. (2018). *OwlGuru.com - Find A Career and College That Suits You*. Retrieved 15 March 2018, from http://www.owlguru.com/career/health-educators/job-description/