

Going for Gold: What the Olympics Taught Me About Using My Strengths



We all love the Olympics – the thrill of a gold medal, the unexpected drama, and watching athletes. What we talk about far less, though, is the experience of the fans. And honestly, we should.

I just returned from Milan after watching incredible moments – Jordan Stolz winning gold in the 500m speed skating and the U.S. women’s hockey team advancing to the gold medal game.

The sports were incredible. But what stayed with me most were the connections.

At one event, my husband and I couldn’t get seats together, so I found myself sitting alone among fans from the Netherlands, all dressed in bright orange. Instead of quietly watching, I struck up a conversation. By the end, we were cheering together and experienced the competition like old friends.

On the flight home, it hit me – my Top 5 CliftonStrengths were at work the entire time!

- **Communication:** I naturally shared stories about our travels and experiences, helping them understand who I was and inviting connection beyond small talk.
- **Harmony:** I asked about their journeys and perspectives, we found common ground - shifting the energy from “separate spectators” to a shared experience.
- **Activator:** Someone had to start the conversation! With my energy and curiosity rather than hesitation, I leaned in and turned a quiet moment into an engaging one.
- **Woo (Winning Others Over):** I didn’t stop with the person next to me. Soon the entire row was involved, laughing and reacting together as the event unfolded.
- **Maximizer:** Instead of settling for simply attending the event, I instinctively looked for ways to make a good experience great. Turning a solo seat into a meaningful connection elevated the moment – not just for me, but for everyone around me.

The event became more than watching elite athletes compete. It became a shared human experience – one that none of us would have had if we had stayed quietly in our own seats.

That’s the power of understanding your strengths. They shape how you experience the world and how others experience it with you.



When we intentionally use our talents, life becomes more meaningful. **Conversations deepen. Experiences expand. Connections happen faster and more authentically.**

So here’s my question for you: **How are your natural talents helping you create richer, more meaningful moments – wherever you are?**

Because sometimes the real Olympic magic isn’t just on the ice or snow...
it’s in the connections we create along the way.

