

**APGO ACADEMIC SCHOLARS AND LEADERS
ASSOCIATION OF PROFESSORS OF GYNECOLOGY AND OBSTETRICS
2026-2027**

Session: Leading with Your Strengths

Instructor: Deborah Conway, MD – UT San Antonio Long School of Medicine

Date: Saturday, January 10, 2026; 12:45-2:15 pm

Introduction

Each of us has a unique and intrinsic set of strengths. Learning what those are, having handy words and phrases to describe them to others, and exploring how to capitalize on them can turbo-charge your leadership effectiveness and satisfaction.

Objectives

Scholars will:

1. Become familiar with the descriptions of their strengths and the concept and advantages of strengths-based leadership.
2. Tie their current roles and responsibilities to their unique strengths profile.
3. Expand their knowledge of strengths by exchanging personal anecdotes with other scholars.
4. Explore how a strengths-based approach could be applied to a challenge they are facing.

Pre-Session Advanced Preparation

1. Complete the CliftonStrengths assessment by redeeming the individual code sent to you by email (the email will come directly from CliftonStrengths).
2. Review the reports that are available to you when you get your “Top 5” results:
 - CliftonStrengths Top 5 Report (PLEASE PLAN TO HAVE ACCESS TO THIS REPORT DURING OUR IN-PERSON SESSION)
 - Your Signature Theme Report (PLEASE PLAN TO HAVE ACCESS TO THIS REPORT DURING OUR IN-PERSON SESSION)
 - Read the summary descriptions of each of your top five strengths.
 - Identify which of the four domains (Executing, Relationship Building, Influencing, Strategic Thinking) your strengths cluster in (if it’s an even split, select the domain that contains your strengths that feel most relevant and authentic to you).
3. Identify one problem, project, or goal (personal or work-related) you would like to address during our in-person session. Consider writing out some detailed notes about the topic – e.g. a SMART goal, a SWOT analysis, etc.

What to Bring to the Session

1. Copy of (or ready access to) your CliftonStrengths Top 5 Report
2. Copy of (or ready access to) your CliftonStrengths Signature Theme Report
3. Your problem/project/goal statement and notes

Session Plan

1. We will discuss the concept of strengths and strengths-based leadership. Scholars will reflect on how personally relevant their Top 5 results seem to be.
2. Scholars will explore how their Top 5 strengths already manifest in their current roles and responsibilities.
3. Scholars will go on a “Strengths Treasure Hunt” within the group to broaden their understanding and appreciation for different strengths than their own.
4. Scholars will discuss an approach to their problem, project, or goal that leverages their strengths and those of others.

Key Words

Leadership, strengths-based leadership, self-leadership

References

Included above

Additional Resources

1. If you want to receive your [full 34 strength report from CliftonStrengths](#), you can pay to have that released to you. This costs an additional \$49.99. Why do it? Sometimes there's some great stuff sitting at your 6, 7, 8 positions...