

# Transcript - Episode 4 “Tell me your strengths and weaknesses”

**Steve:** Hello everyone, welcome to the “Seal the Deal English” podcast. Before we get started, I want to make a short little announcement. As you may have noticed, there have been no new articles posted this week. I apologize. I am currently moving between apartments and between countries, and have not been able to write anything. So, I will be taking a short two-week break from Seal the Deal English, and will be coming back on the 24th of July. During that time, I will be editing the website and fixing some issues with the page. I will also be recording and editing new episodes, and writing articles as well. All of that will be up starting the 24th. In the meantime, enjoy today’s episode on “Tell me about your strengths and weaknesses”.

**Steve:** We talked back in episode 1 about how to answer “so tell me about yourself”. This next question, tell me about your strengths and weaknesses, is a very common one that is asked in interview settings.

**Steve:** There’s a great expression in English that is important to keep in mind when listening to today’s episode. “Keep in mind” means “to be aware of something”. So when we talk about this question, think of or be aware of the following: “You are only as strong as your weakest link”.

**Steve:** So what does this mean? Well, your company is only as strong as it’s weakest member, because often times that’s where the mistakes that cause major problems for the company occur. Maybe someone is a little bit disorganized, and forget that very important meeting with a client.

In today’s case, we are talking about your strengths and weaknesses; and how you can think of your weakness as something that could be a hidden benefit. You want to think of it as a “silver lining,” which is something that turns out good in spite of a negative situation. You are only as good as your weakness, but how can you try

and frame your weakness as something that could actually be beneficial? Let's look at an example answer below

**Steve:** I believe one of my greatest strengths is that I am very dedicated. I work very hard to accomplish what I believe in. For example, at my previous company, I helped create a new training program that helped bring everyone to the same page concerning customer relations. I also work very hard; I had to work a lot of overtime hours putting together this program. As for my weaknesses, I tend to sometimes put too much on my plate at one time. I often like to focus on what I need to do at the expense of my well being. I have started doing much more yoga outside of work, and have learned to delegate my tasks to others so that there are more people helping out. Additionally, I can be a bit unorganized. Thank goodness for my planner though, without that I would be nowhere. I have come to really rely on it; I write everything I need to do down in it.

**Steve:** So as you can hear in this answer, I explain my weakness as something that could actually be a benefit to the company, and show in what ways I try to manage my weakness so that it doesn't hurt my job performance. And this is key. You want to show you are an efficient worker but not someone who could hurt the company. Remember: you are only as strong as your weakest link. I start my weakness section by saying "as for my weaknesses," which is just a common natural start to any type of topic.

You can also hear the key phrase: "put too much on my plate at one time". Sometimes people will say "at a time". This phrase is often used to talk about too many things happening at one time. So in this case, I am explaining the problem, and why it's a problem; it hurts my well being. Often times people will explain an answer and assume everyone knows why it's a problem. Sometimes, that's not clear. Explaining exactly why it's a problem helps. I also explain how I have managed this problem; by being willing to share the workload and taking de-stressing yoga classes. In this case, as a potential employee, you can see that this weakness could actually benefit your company; here is someone who is willing

to do a lot of work, but also has figured out how to make sure things don't go totally out of control.

**Steve:** The next weakness is that I am disorganized. However, did you notice that I do not spend a lot of time talking about my disorganization but rather how I stay organized with my planner? That's why I say this phrase "thank goodness for...". This can be a useful phrase when discussing something that is helpful or useful. So I said "thank goodness for my planner," because it helps me be organized, and therefore I can help you with your company and not forget important tasks. So when you are trying to answer this question, spend less time on your negatives but rather spend more time on the positives related to the answer. Don't talk about how terribly unorganized you are; talk about the planner you use to keep yourself organized.

**Steve:** And with that, we are finished for today's lesson. If you would like to download today's transcripts, that highlights key phrases or terms used in this podcast you can do so at our website. If you have any questions, please email us at [sealthedealenglish@gmail.com](mailto:sealthedealenglish@gmail.com). Or follow us on twitter at sealthedealPOD, or Facebook and Instagram at Seal The Deal English.

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I'd love to get your feedback, whether it's comments, questions, or any requests for future show topics. And please subscribe and write a review for us on itunes or soundcloud. Thanks everyone and hope to hear from you soon.

- Music Sting: *Memory* by Creo -

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## Key words and terms:

### Phrases to show strengths, weaknesses

“I put too much on my plate

“Thank goodness for my planner, though”

“As for my weaknesses / as for my strengths”.

### Other keywords or phrases used in the episode:

- **Delegate** → someone who takes information or a product, adds their own opinions on the product, generates discussion, and passes it on to others leading to a larger audience for the original information or product
- **To frame** → to formulate, to put something in context in order to explain it
- **To keep in mind** → to be aware of something, to think of something while doing something else.
- **You are only as strong as your weakest link** → Your ability to succeed at something depends on the weakest part of your plan.
- **Silver lining** → something good that comes from a bad situation.
- **At the expense of** → causing the detriment of something else