

Accelerate Your Potential By Using Your Strengths



For Intermediate Level



100 Minutes



Learning Objectives

- + Appreciate need for Strengths philosophy
- + Learn basics of strengths-based development
- + Brand oneself using your strengths



Learning Tools

- + Facilitator driven discussions
- + Reflection tools
- + Shared stories and anecdotes
- + Video
- + Quiz
- + Group exercise



Your Takeaways

- + Personal beliefs and branding
- + Self evaluation on strengths
- + Strengths lens
- + Heightened self-awareness

Learning Modules

- + Meaning and benefits of strengths-based development
- + Strengths vs. deficit focus
- + Strengths beliefs and branding
- + Strengths discovery
- + The new age traits of strengths advocates
- + Detecting blind spots
- + Strengths slam
- + Kickstart your strengths journey