

STRENGTHS-BASED COACHING FOR INDIVIDUALS

- Explore the principles of strengths-based development
- Discover your key strengths and talents to raise awareness of your natural talents, understand how they influence what you do and how you do it, and importantly how to use these to best achieve success. In short, awareness, application & achievement.
- How to be a more effective leader by knowing your strengths and investing in others' strengths

STRENGTHS-BASED COACHING FOR TEAMS

- Introduce the team to principles of strengths-based development
- Focus on the team using a strengths-based approach:
 - to raise awareness of individual and collective talents
 - understand the application of these talents in the team's work
 - identify opportunities across the team to partner talents
- Share talents themes to help the team gain awareness and appreciation of its collective talents
- Help team members understand their unique talents within the context of others on the team
- Team grid discussion – a snapshot of the team's collective strengths allowing the team to explore individual and collective talents to achieve team success

Strengths Domains

Teams should be well-rounded precisely because we, as individuals, are not.

