



## STRENGTHS DISCOVERY

**Our Strengths Program...** celebrates individual's talents and nurtures strengths. We help CEO's and their management teams, school administrators, teachers and students and individuals working with youth in any capacity embark on a journey of discovering their special gifts and specific strategies for living and leading with their greatest assets.

Our Strengths Program is a unique systematic program to help individuals, institutions and organizations build stronger people, stronger teams and a strengths-based culture. This program is designed to enrich and build character development traits, self-awareness, self-management, social awareness and interpersonal skills – these are the vital elements of our comprehensive character development framework.

The Strengths Program involves identification of one's top character strengths and a collaborative process for discovering, understanding, and maximizing personal strengths.

### **Benefits of the Strengths Program:**

- Fosters a mindset that believes people have several times more potential for growth when we build on their strengths rather than fixing their weaknesses.
- Scientifically derived identification of what is right about you because of your natural talents rather than merely the interpretation of co-workers, friends, family and peers.
- Helps individuals identify, understand, and maximize their strengths for building on the areas where there is infinite potential to grow and succeed.
- Provides step-by-step techniques for identifying and building cognitive and emotional strengths (Social Emotional Learning - SEL/Emotional Intelligence - EQ).



- Learn a positive, strengths language and vocabulary that describes those things at which you excel and identifies attributes/talents in others that facilitate effective partnering and collaboration.
- Enhanced engagement and cooperation with others which is foundational to the development of authentic leadership skills and relationships
- Creates leaders of character who leverage their strengths through leadership knowledge, skills, experience and personal principles and contribute in an engaged, collaborative and valuable way.
- Developing one's strengths leads to authenticity. Authentic is living your life according to your own values and goals, rather than those of other people. Your trustworthiness, respect and integrity are in alignment with who you are, what you do and your beliefs
- Good character is cultivated through a strengths mindset
- The background for this program is rooted in the science of positive psychology. A practical application of positive psychology is StrengthsFinder and VIA (Values in Action).