

STRENGTHS · PROFILE

# Strengths Profile

Strengtheners  
Overview



What's Included:



Expert Profile x3



Strengthen Workbook

Total time required: 3 hours

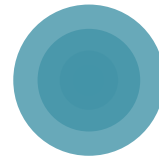
## Module 1

### Introducing Strengths Profile

- **Video 1** - Background to Strengths Profile
- **Video 2** - Strengths Profile Model
- **Assignment 1** - Strengths Profile Knowledge Check



Performance



Energy



Use

Module timing: 35 mins

## Module 2

### Strengths Profile Coaching

- **Video 3** - Realised Strengths
- **Video 4** - Learned Behaviours
- **Video 5** - Weaknesses
- **Video 6** - Unrealised Strengths
- **Assignment 2** - Explore Your Expert Profile

<p><b>REALISED STRENGTHS</b> Strengths you use and enjoy</p> <p>Perform well    Energising    Higher use</p> <p>Use wisely</p> <ul style="list-style-type: none"> <li>1 Courage</li> <li>2 Time Optimiser</li> <li>3 Catalyst</li> <li>4 Relationship Deepener</li> <li>5 Growth</li> <li>6 Spotlight</li> <li>7 Enabler</li> </ul>	<p><b>UNREALISED STRENGTHS</b> Strengths you don't use as often</p> <p>Perform well    Energising    Lower use</p> <p>Use more</p> <ul style="list-style-type: none"> <li>1 Mission</li> <li>2 Change Agent</li> <li>3 Action</li> <li>4 Pride</li> <li>5 Service</li> <li>6 Persuasion</li> </ul>
<p><b>LEARNED BEHAVIOURS</b> Things you've learned to do but may not enjoy</p> <p>Perform well    De-energising    Variable use</p> <p>Use when needed</p> <ul style="list-style-type: none"> <li>1 Writer</li> <li>2 Strategic Awareness</li> <li>3 Incubator</li> <li>4 Listener</li> </ul>	<p><b>WEAKNESSES</b> Things you find hard and don't enjoy</p> <p>Perform poorly    De-energising    Variable use</p> <p>Use less</p> <ul style="list-style-type: none"> <li>1 Adherence</li> <li>2 Self-belief</li> <li>3 Detail</li> </ul>

Module timing: 1 hour

## What's Included:

## Module 3

Best Practice

- **Video 7** - Set-up Considerations
- **Video 8** - Different Profiles
- **Assignment 3** - Debrief Demonstration Video



**Module timing:** 1 hour

## Module 4

Resources

- **Video 9** - The Career Guide
- **Video 10** - Products and Resources
- **Video 11** - Logistics



**Module timing:** 25 minutes

## Completing the Strengthened Programme

There are 3 ways you can sign up for our Strengthened Programme to suit you or your team and your learning preferences. Each participant will need to complete their Expert Strengths Profile in advance of the programme.



### On-demand

Learn at your own pace with the 90 min on-demand learning videos and training, combined with 90 min homework assignments.

£249 (per person)



### Online live workshop

For in-house groups and teams, book your 2-hour live workshop to include 1-hour follow-up homework assignments.

£2495 (up to 12 people)



### In-person workshop

For in-house groups and teams, book your live in-person 3-hour workshop at your premises which includes all learning.

£3500 (up to 12 people)

STRENGTHS · PROFILE

[enquiries@strengthsprofile.com](mailto:enquiries@strengthsprofile.com)

[www.strengthsprofile.com](http://www.strengthsprofile.com)

**Cappfinity**