

STRENGTHS · PROFILE

# Strengths Profile

Online Accreditation

Overview



# Online Accreditation Programme

## The Modules

### What's Included:



Your Full-60 Profile  
Your unique profile across 60 strengths

REALISED STRENGTHS	UNREALISED STRENGTHS	LEARNED BEHAVIOURS	WEAKNESSES
1. Mission	11. Learner's Edge	21. Work Ethic	31. Tactful
2. Honor	12. Detail	22. Selfish	32. Compassion
3. Persuasion	13. Spotlight	23. Explorer	33. Handy
4. Authority	14. Planner	24. Equality	34. Unconformity
5. Courageous	15. Service	25. Connector	35. Change Agent
6. Resilience	16. Enable	26. Competitive	36. Pioneering
7. Personal Responsibility	17. Legacy	27. Growth	37. Adherence
8. Accountability	18. Strategic Awareness	28. Calisthenics	38. Clarity
9. Bookworm	19. Advocate	29. Visionary	39. Listener
10. Time Optimiser	20. Pride	30. Planner	40. Pioneer
11. Judgement	21. Openness	31. Disruptive	41. Disruptive
12. Drive	22. Change	32. Persistence	
13. Moral Compass	23. Control		
14. Relationship Deepener	24. Personalisation		
15. Empathic	25. Feedback		
16. Active	26. Support/Builder		
17. Emotional Awareness	27. Self-awareness		
18. Curiosity	28. Teacher		
19. Improver	29. Adaptable		
20. Innovator	30. Writer		
21. Organiser			

3 Expert Profiles



PDF copy of Strengths Book

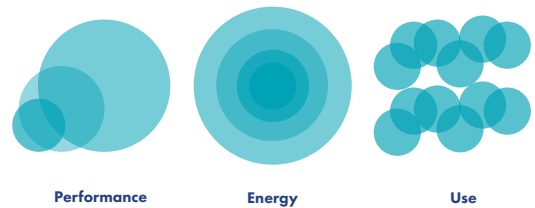
1 Leader Profile



## Module 1

### Introducing Strengths

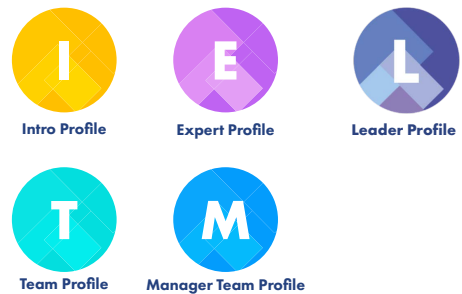
- Introducing the Programme, Benefits and Applications of Strengths



## Module 2

### Exploring Strengths Profile

- Background and Profiles
- Validity and Comparison
- Cultural Differences



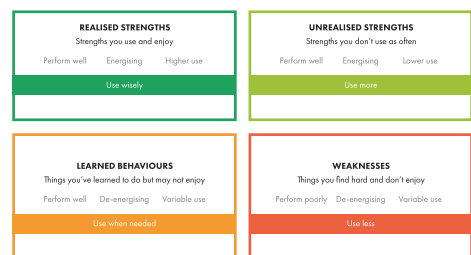
## Module 3

### Coaching with Strengths Profile

- Using the Model to Drive Action through each Quadrant
- Strengths Families and Expert Profiles
- Introducing the Career Guide



Career Guide



Strengths Model

# The Modules

## Module 4

### Best Practice

- Set-up and Different Profiles



## Module 5

### Strengths Dynamics

- How Strengths Work Dynamically

<p><b>REALISED STRENGTHS</b> Strengths you use and enjoy</p> <p>Perform well   Energising   Higher use</p> <p>Use wisely</p> <ol style="list-style-type: none"> <li>Mission</li> <li>Humour</li> <li>Persuasion</li> <li>Authenticity</li> <li>Counterpoint</li> <li>Resilience</li> <li>Personal Responsibility</li> </ol>	<p><b>UNREALISED STRENGTHS</b> Strengths you don't use as often</p> <p>Perform well   Energising   Lower use</p> <p>Use more</p> <ol style="list-style-type: none"> <li>Organiser</li> <li>Estem Builder</li> <li>Detail</li> <li>Spotlight</li> <li>Narrator</li> <li>Service</li> <li>Enabler</li> </ol>
<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> <ol style="list-style-type: none"> <li>Adventure</li> <li>Pride</li> <li>Optimism</li> <li>Courage</li> </ol>	<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> <ol style="list-style-type: none"> <li>Adherence</li> <li>Curiosity</li> <li>Incubator</li> </ol>

## Module 6

### Debrief Demonstration


- Strengths Profile Debrief Demonstration



## Module 7

### Career Guide and Goals Demonstration

- Career Guide Debrief
- Achieving Goals Debrief



**Caching & Counselling**  
Caching professionals support people to create a new life path and live on their terms. Caching professionals support people to become effective and make career change in their lives.

**Education & Teaching**  
Education professionals teach a variety of learning and skills to support personal knowledge and personal life skills including academic, personal development, emotional, community life skills, and career of age ranges.

**Government**  
Government professionals work on issues and social policy development that impact the rights and wellbeing of citizens. This includes working towards to serve members and supporting high and potential students.

**Human Resources**  
Human Resources professionals help to shape the culture of a company by recruiting, managing, training, development and wellbeing of employees, as well as working with unions, benefits and employment law.


**Personal Care & Services**  
Personal Care & Services professionals provide physical or psychological support services across a range of different disciplines including rehabilitation, funeral and day care services.

**Social Care**  
Social Care professionals provide care and practical resources to vulnerable people, often working in a physical or learning facilities, mental health and day care services.

**Potential Career Suggestions**  
For your needed strength, what other professional careers and jobs are there?

**Administration**  
Administration professionals provide support for the day-to-day running of organisations or individuals by organising, maintaining and monitoring tasks and procedures essential to the successful functioning of the business.

**Architecture**  
Architects design, develop and supervise buildings through the process from the initial brief through to construction, engineering and form. They are often involved in all stages of development from conceptual to final construction.



## Module 8

### Accreditation

- Live Strengths Profile Debrief with a Partner



# Online Accreditation Programme

## The Assignments

### Module 1

#### Introducing Strengths

- Learn the strengths definitions and complete a knowledge check

### Module 5

#### Strengths Dynamics

- Reflect on coaching questions in advance using the dynamics of a Profile
- Prepare for your practice debrief sessions

### Module 2

#### Exploring Strengths Profile

- Find out what the differences are in similar strengths
- Coach yourself on the Strengths Families

### Module 6

#### Debrief Demonstration

- Watch a debrief demonstration
- Coach your first volunteer on their Strengths Profile

### Module 3

#### Coaching with Strengths Profile

- Review your own Profile in relation to a goal
- Discover your Career Guide

### Module 7

#### Career Guide and Goal Demonstration

- Coach your second volunteer to reach a goal

### Module 4

#### Best Practice

- Learn more about best practice guidelines

### Module 8

#### Accreditation

- Complete your learning reflections

# STRENGTHS · PROFILE

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