Strengths Masterclass - 1 day
Using the StrengthsREADer™ Toolkit in your coaching

Introduction:
Using an evidence-based, strengths based approach in your coaching can be transformational – for the coach and for the client! In order to develop your coaching toolkit, it is important to understand the strengths you are working with; the science behind the VIA Classification of Strengths; their function and how they can be positively positively developed.

This intensive 1 day Strengths Masterclass is designed to give you confidence, ideas and inspiration to use strengths in your work.

Recognising Strengths
The Science behind Strengths and Strengths Interventions
• Positive Psychology – a brief historical perspective
• Rebalancing the deficit approach – the need for a strengths based approach
• Understanding the 6 virtues and the 24 Signature Strengths

Exploring Strengths
3 approaches to help clients explore their strengths:
• Taking the online approach
• Using Strengths Based Coaching Cards
• Developing your own Strengths Interview

Amplifying Strengths
The 10 best exercises to run with your clients to enhance their strengths, including:
• Working with Signature strengths
• Building a Whole Strength Approach
• Using Strengths as a Problem Solving Toolkit

Developing Strengths
Help your client extend their Strengths reach
• 240 ways to develop Strengths!
• Building your strengths Storybook
• Reflected Best Strengths - a 360 degree perspective