

# Excel Through Strengths

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It's time to start charting your own pathway to success and stop imitating the success of someone else, with limited results. In these 2 separate 2-hour virtual learning experiences, you will understand the importance of recognizing your strengths, understand characteristics of strengths, and discover your strengths through insightful coaching questions, discussions and exercises

## Target Audience

This course will benefit all leaders or individual contributors in corporate organizations, professionals, entrepreneurs and business owners.

**Pre-requisite:** Complete session 1 before session 2.

## Duration

4 hours

## Course Topics

Session 1:

- Individual strengths and optimum performance
- Characteristics of strengths
- Steps 1 and 2 to identify strengths
- Step 2 to clarify strengths
- Step 3 to leverage strengths in different situations

## Objectives

This course equips participants with practical techniques to:

- Realize optimum performance with individual strengths
- Discover characteristics of strengths
- Identify individual strengths with insightful coaching questions
- Spot the pattern of how strengths are used
- Plan how your unique strengths are utilized in different situations to optimize results

## Desired Outcomes

- Better results in projects
- Optimized performance at work
- Higher self-confidence
- Enhance adaptability and agility in various situations
- Realize unique and repeatable success