

# Celebrate Your Strengths

## Learning Objectives

By the end of this course you will be able to:

1. Describe the principles of strengths and the difference between strengths and skills
2. Identify your own strengths using the Strengthscope® Inventory
3. Explain the difference between allowable weaknesses and limiting weaknesses
4. Recognise your strengths in overdrive
5. Identify new ways to apply your strengths inside and outside of work

## Background

We intuitively understand that strengths are something we're good at. Strengths, however, are more than what we do well, they also energize us. In this seminar we explain how to identify your strengths, how an apparent 'weakness' may actually be a strength in overdrive. Participants also identify how and where strengths can be applied in new ways to build confidence and greater work satisfaction.

## Course Contents

- What are strengths?
- How to identify your own strengths using the Strengthscope® Inventory
- The difference between allowable weaknesses and limiting weaknesses
- How to spot a strength in overdrive
- How to control the controllable when your strengths go into overdrive
- Identify new and innovative ways to apply your strengths



## Format/Timing

This is a 3-hour interactive workshop.

## Who should attend?

This course is for anyone who wants to identify and utilise their strengths for higher performance and greater satisfaction at work.

## Facilitators

This course is run by

- **Dr Matthew Critchlow**, Managing Director of Kirros and Visiting Lecturer at the University of Westminster
- **Ewan Stickley**, Senior Training Associate at Kirros, accredited Performance Coach, Therapeutic counsellor, and certified Strengthscope® Practitioner.