

StrengthsFinder® Training

Master your strengths and hug your weaknesses.

StrengthsFinder® is Gallup's online assessment of your five most powerful strength themes. The Internet-based StrengthsFinder® Profile is the product of a 25-year, multimillion-dollar effort to identify the most prevalent human strengths. The program introduces 34 dominant "themes" with thousands of possible combinations, and reveals how they can best be translated into personal and career success.

The StrengthsFinder® Assessment offers a clear picture, a new perspective, a sounding board, a sorting place, a safe space to let go and build back up, attention to a path, help finding a new path, focus, and attention to finally figuring out what's really important and doing something about it.

Participants will learn to:

- Identify and understand the source of their strengths.
- Build a database of talent that they can access to target project roles for maximum efficiency and engagement.
- A deep and rich common language of strengths and talents.
- Increase productivity and efficiency by aligning an individual's strengths and talents to particular team tasks.
- Walk away with a specific plan to utilize unique strengths and increase their personal performance.

Each participant will receive a hard copy of *StrengthsFinder 2.0* by Tom Rath or *Now, Discover your Strengths* by M. Buckingham and D.O. Clifton and the related online StrengthsFinder assessment. We stretch our time together (and your training dollars) by offering (optional) pre-workshop assignments; post-event success tools and integrating follow up coaching sessions.

Program Length: 2 1/2 - 8 hours

Group Size: minimum of 6 people, no maximum.



Amy Magyar is a certified professional performance coach who provides strengths-based coaching to individuals, teams, and organizations. Employing well-researched and proven methods to support people as they identify their strengths, Amy's passion is empowering others to capitalize on their natural giftedness. The transformational results of Amy's coaching include strengthened relationships, increased positive communication, improved organizational effectiveness, and raised levels of employee engagement and productivity.

Phone: 802-654-8787
amy@coachingcenterofvt.com

Vital Business is a division of:



www.vitalbusiness.biz
802-654-8787

toll free: 877-619-2814
76 Pearl Street, Suite 204
Essex Junction, VT 05452