Our Strengths Programmes

STRENGTHS·PROFILE

think EQ

A JOURNEY IN STRENGTHS EXPLORATION

Understanding Strengths

1.5 hours online
(can be included in a one-off coaching programme*)

Understanding Strengths Programme from Think EQ is a scalable, online learning programme which uses the Strengths Profile as the basis for identification and exploration of participants' own realised strengths, unrealised strengths, learned behaviours and weaknesses. The course encourages participants to consider how they might optimise their strengths and build a meaningful development plan. Organisations can benefit from collated, anonymised strengths data for use in strategic people development decisions and improved business performance.

Strengths in Teams

4 hours

Strengths In Teams is an interactive follow on workshop which brings teams of any size together to look at the Strengths Profile to understand their own, and others' strengths and to reflect on how they can optimise their realised strengths, unrealised strengths, learned behaviours and weaknesses to increase levels of motivation and to avoid burn out through overuse of the strengths that drain energy. These sessions aim to create a more energised team, capable of understanding each others' strengths and an awareness of how best to support each other.

Managing Strengths in Teams

4 hours

Creating Coaching Managers in your organisation who are focused on spotting strengths from within their own teams. This interactive course builds on our Understanding Strengths Programme to equip managers with the skills to have better conversations focused around strengths, leading to a positive, coaching-based culture which boosts engagement and builds a more committed and skilled team. In this course, managers will be provided with a report on their team's top realised an unrealised strengths. We will then guide them on how to have individual strengths-based development conversations.

*coaching session fee applies

Understanding Strengths Programme

1.5 Hours

Understanding Strengths Programme

Understanding Strengths Programme from Coaching Direct is a scalable, online learning programme which uses the Strengths Profile report as the basis for identification and exploration of an individual participants' own realised strengths, unrealised strengths, learned behaviours and weaknesses. The programme encourages the individual to consider how they can optimise their strengths and build a meaningful development plan. Organisations can benefit from collated, anonymised strengths data for use in strategic people development decisions and improved business performance.

who is Understanding strengths for?

This is a popular development programme for anyone, at any level, who wants to explore and harness their own strengths to further realise their own potential.

Benefits of understanding Strengths:

✓ Scalable programme - readily available for access whether yours is a team of 10 or 10,000

✓ Focuses on the positives

✓ Creates a common, strengths-based language

✓ Provides real insight into personal areas for development

Strengths in Teams

Strengths in Teams

Strengths In Teams is an interactive follow on workshop which brings teams of any size together to look at the Strengths Profile to understand their own, and others' strengths and to reflect on how they can optimise their realised strengths, unrealised strengths, learned behaviours and weaknesses to increase levels of motivation and to avoid burn out through overuse of the strengths that drain energy. These sessions aim to create a more energised team, capable of understanding each others' strengths and an awareness of how best to support each other.

Who is Strengths in Teams for?

Following on from the individual strengths programme, this workshop is aimed at bringing together groups of teams to explore the strengths that exist in the team and how to fully optimise these to boost team awareness and engagement.

Benefits of Strengths in teams:

✓ Boosts engagement in teams

✓ Increases awareness of the strengths that exist within the wider team

✓ Creates a culture of team-wide support

✓ Identifies and explores all the strengths within the team

4 Hours

think EQ

Managing Strengths in Teams

Managing Strengths in Teams

Creating Coaching Managers in your organisation who are focused on spotting strengths from within their own teams. This interactive course builds on our Understanding Strengths Programme to equip managers with the skills to have better conversations focused around strengths, leading to a positive, coaching-based culture which boosts engagement and builds a more committed and skilled team. In this course, managers will be provided with a report on their team's top realised an unrealised strengths. We will then guide them on how to have individual strengths-based development conversations.

Who is Managing Strengths in Teams for?

This course is aimed at team managers who want to embed a positive, coaching-based culture which makes the most of the strengths that exist within their teams. It will support managers to have positive development conversations with each member of their team.

4 Hours

Benefits of Managing Strengths in Teams:

✓ Leads to better workplace and strengths-based team conversations

✓ Positive culture building

✓ Coaching with strengths

✓ How to spot strengths in others

think EQ

hello@thinkeq.com