

STRENGTHS · PROFILE

Strengths Profile

Online Accreditation

Overview



Online Accreditation Programme

The Modules

What's Included:



Your Full-60 Profile
Your unique profile across 60 strengths

REALISED STRENGTHS	UNREALISED STRENGTHS	LEARNED BEHAVIOURS	WEAKNESSES
1. Mission	11. Learner's Edge	21. Work Ethic	31. Self-Doubt
2. Honesty	12. Detail	22. Self-Motivated	32. Compassion
3. Persistence	13. Self-Reliance	23. Explorer	33. Humility
4. Authority	14. Planner	24. Handy	34. Equality
5. Courageous	15. Service	25. Unconformity	35. Connector
6. Resilience	16. Enable	26. Change Agent	36. Growth
7. Personal Responsibility	17. Legacy	27. Competitive	37. Adherence
8. Accountability	18. Strategic Awareness	28. Passion	38. Clarity
9. Time Optimiser	19. Advocate	29. Coach	39. Values
10. Judgement	20. Pride	30. Careerist	40. Calm
11. Drive	21. Optimism	41. Listener	42. Pioneer
12. Moral Compass	22. Courage	43. Risk-Taker	44. Disruptive
13. Relationship Deepener	23. Control	45. Perseverance	
14. Empathic	24. Personalisation		
15. Action	25. Feedback		
16. Emotional Awareness	26. Support/Builder		
17. Creativity	27. Self-awareness		
18. Improver	28. Teacher		
19. Innovator	29. Adaptable		
20. Organiser	30. Wise		

3 Expert Profiles



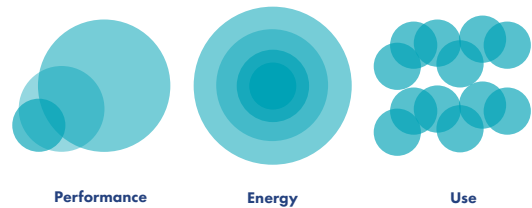
PDF copy of Strengths Book



Module 1

Introducing Strengths

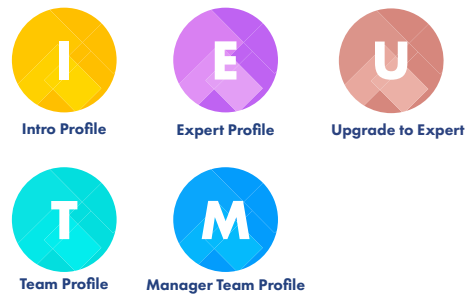
- Introducing the Programme, Benefits and Applications of Strengths



Module 2

Exploring Strengths Profile

- Background and Profiles
- Validity and Comparison
- Cultural Differences



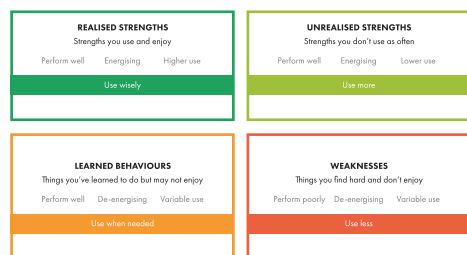
Module 3

Coaching with Strengths Profile

- Using the Model to Drive Action through each Quadrant
- Strengths Families and Expert Profiles
- Introducing the Career Guide



Career Guide



Strengths Model

The Modules

Module 4

Best Practice

- Set-up and Different Profiles



Module 5

Strengths Dynamics

- How Strengths Work Dynamically

<p>REALISED STRENGTHS Strengths you use and enjoy</p> <p>Perform well Energising Higher use</p> <p>Use wisely</p> <ol style="list-style-type: none"> Mission Humour Persuasion Authenticity Counterpoint Resilience Personal Responsibility 	<p>UNREALISED STRENGTHS Strengths you don't use as often</p> <p>Perform well Energising Lower use</p> <p>Use more</p> <ol style="list-style-type: none"> Organiser Estem Builder Detail Spotlight Narrator Service Enabler
<p>LEARNED BEHAVIOURS Things you've learned to do but may not enjoy</p> <p>Perform well De-energising Variable use</p> <p>Use when needed</p> <ol style="list-style-type: none"> Adventure Pride Optimism Courage 	<p>WEAKNESSES Things you find hard and don't enjoy</p> <p>Perform poorly De-energising Variable use</p> <p>Use less</p> <ol style="list-style-type: none"> Adherence Curiosity Incubator

Module 6

Debrief Demonstration

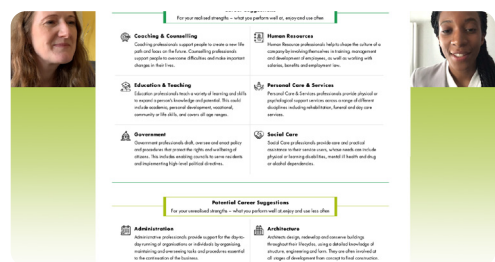
- Strengths Profile Debrief Demonstration



Module 7

Career Guide and Goals Demonstration

- Career Guide Debrief
- Achieving Goals Debrief



Module 8

Accreditation

- Live Strengths Profile Debrief with a Partner



Online Accreditation Programme

The Assignments

Module 1

Introducing Strengths

- Learn the strengths definitions and complete a knowledge check

Module 5

Strengths Dynamics

- Reflect on coaching questions in advance using the dynamics of a Profile
- Prepare for your practice debrief sessions

Module 2

Exploring Strengths Profile

- Find out what the differences are in similar strengths
- Coach yourself on the Strengths Families

Module 6

Debrief Demonstration

- Watch a debrief demonstration
- Coach your first volunteer on their Strengths Profile

Module 3

Coaching with Strengths Profile

- Review your own Profile in relation to a goal
- Discover your Career Guide

Module 7

Career Guide and Goal Demonstration

- Coach your second volunteer to reach a goal

Module 4

Best Practice

- Learn more about best practice guidelines

Module 8

Accreditation

- Complete your learning reflections

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