

# Strengths Masterclass - 1 day

Using the StrengthsREADer™ Toolkit in your coaching

## Introduction:

Using an evidence-based, strengths based approach in your coaching can be transformational – for the coach and for the client! In order to develop your coaching toolkit, it is important to understand the strengths you are working with; the science behind the VIA Classification of Strengths; their function and how they can be positively positively developed.

This intensive 1 day Strengths Masterclass is designed to give you confidence, ideas and inspiration to use strengths in your work.

## Recognising Strengths

The Science behind Strengths and Strengths Interventions

- Positive Psychology – a brief historical perspective
- Rebalancing the deficit approach – the need for a strengths based approach
- Understanding the 6 virtues and the 24 Signature Strengths

## Exploring Strengths

**3 approaches** to help clients explore their strengths:

- Taking the online approach
- Using Strengths Based Coaching Cards
- Developing your own Strengths Interview

## Amplifying Strengths

The **10 best exercises** to run with your clients to enhance their strengths, including:

- Working with Signature strengths
- Building a Whole Strength Approach
- Using Strengths as a Problem Solving Toolkit

## Developing Strengths

Help your client extend their Strengths reach

- **240 ways** to develop Strengths!
- Building your strengths Storybook
- Reflected Best Strengths - a 360 degree perspective