

Strengths Essentials

Building a Strong Foundation



Ever wake up feeling like every day is “just another day?”

Re-discover your strengths and increase your fulfilment and success at work and play!

This fun, interactive 6 hour workshop challenges you to increase your self-awareness and provides tools to help you identify and leverage your unique Strengths at work and beyond.

The workshop covers the following:

- **Why Strengths?**

Learn the research demonstrating how playing to your Strengths will enable you to be your most productive.

- **Myths & Truths**

Discuss the challenges associated with implementing a Strengths-based approach and how to overcome them.

- **Identifying YOUR Strengths**

Explore the 4 SIGNS of a Strength and learn the process for identifying your unique Strengths.

- **Strengths at Play**

Determine the steps you will take to proactively spend more time leveraging your Strengths in your work.

As a participant you will receive a:

- Participant Guide
- Strengths Wheel
- Strengths Sort Card Deck



Outcomes

- Reconnect with those activities which engage, excite and motivate you
- Learn how Strengths can help you to **maximize your individual and team performance**
- Develop tools and strategies to craft a more fulfilling work role and increase your life fulfilment and success.
- Build **stronger partnerships** with your colleagues

Contact Linda Rowley for more information: 0427 760 637 or email: linda@lindarowley.com.au

Facilitated by Linda Rowley



Linda brings a wealth of skills, insights and experience to all she works with. Her work provides businesses people with insight and the practical tools to achieve maximum performance and happiness in themselves and /or their teams. Linda is a Certified Buckingham Trainer. Held to exacting standards of personal integrity, facilitation excellence and content knowledge, you know you are receiving a high-quality service provided by one of only a handful individuals.



Date: Wednesday 23rd July 2014

Time: 10 am – 4 pm

Location: Warragul

PLACES ARE LIMITED TO 13 PEOPLE ONLY!

INTERESTED IN ATTENDING?

Complete the registration form below and email to linda@lindarowley.com.au

Name of Company: _____

Number of People attending workshop: _____

Contact Name/s

1. _____ Ph: _____ E: _____
2. _____ Ph: _____ E: _____
3. _____ Ph: _____ E: _____
4. _____ Ph: _____ E: _____
5. _____ Ph: _____ E: _____

Special Dietary requirements? _____

Investment

Individual	Group rate (3 or more) per person
\$249	\$225

Email completed form to: linda@lindarowley.com.au or Call Linda on 0427 760 637, or

Send to: PO Box 1046 Warragul, 3820 before **Friday 4th July 2014.**

Payment Options.

Please invoice my organisation.

Name of organisation: _____

Contact person for accounts: _____

Ph: _____ E: _____

Direct Debit

Account Name: Linda Rowley
BSB: 063530

Bank: Commonwealth
Account No: 1034 0985

Payment due by Friday 4th July 2014.

