

Strengths Workshop

Leveraging Strengths for High Performance



Unleash your Team's Full Performance

Are you looking to boost your team's productivity, foster deeper collaboration, and cultivate a truly energised workplace? In today's competitive landscape, simply fixing weaknesses isn't enough. It's time to amplify what your team does best.

Our **Leveraging Strengths for High Performance** workshop is a dynamic, one-day immersive experience designed for intact teams and their managers. Grounded in positive psychology and led by two highly experienced executive coaches and accredited Strengths Profile practitioners, this workshop isn't just about identifying strengths – it's about actively deploying them to drive measurable results.



gemmaahogan@talenta.me.uk

lisaallden68@outlook.com

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Workshop Content

- Strengths & Positive Psychology
- Strengths Spotting
- Strengths in Stories
- Organisational Impact
- Introduction to Strengths Profile
- Understanding your Strengths Profile
- Strengths in Action
- Teams Strength Mapping
- Team Challenge
- Action Planning

Core Workshop Outcomes for Your Team

- **Unlock self-awareness:** develop confidence and clarity through a deep exploration of personal strengths.
- **Revolutionise communication:** enhance collaboration and mutual understanding by recognising and valuing each team member's unique contributions.
- **Cultivate a thriving culture:** foster a positive team environment that celebrates what truly energises and motivates individuals.
- **Empower Strengths-based leadership:** equip managers with practical tools to lead, motivate, and develop their teams through strengths, not solely by addressing weaknesses.
- **Drive sustainable performance:** boost engagement, build resilience, and unlock lasting productivity for the entire team.

Who Should Attend?

- **Newly formed or restructured teams** seeking to establish strong foundations and accelerate effectiveness.
- **Teams navigating change** or aiming for renewed alignment and purpose.
- **High-performing teams** looking to deepen their impact, innovate further, and achieve next-level success.
- **Leadership teams** committed to developing a shared language, fostering deeper trust, and building a more cohesive unit.



Performance



Energy



Use



gemmaahogan@talenta.me.uk

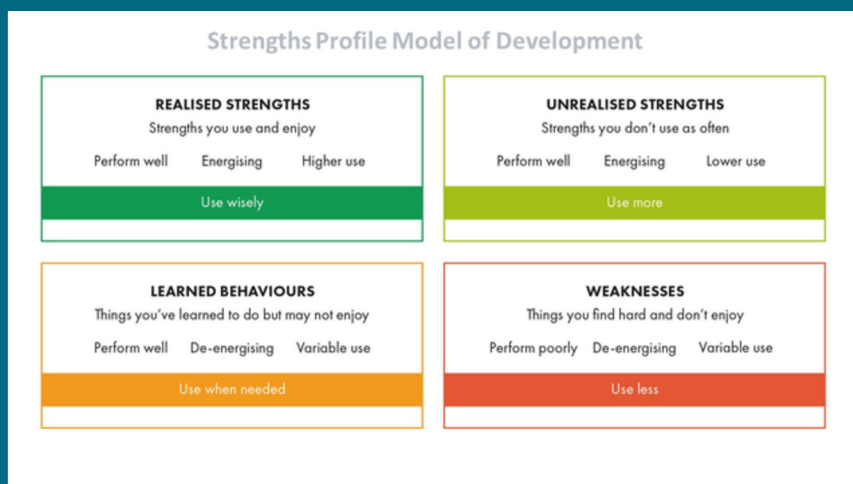
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What Makes This Workshop Uniquely Powerful?

This isn't a generic team-building exercise. We combine cutting-edge positive psychology with actionable, personalised insights to create a truly transformative experience:

- **Personalised Expert Strengths Profiles:** each participant receives their own detailed Strengths Expert Profile, complete with insightful coaching questions and a career guide. This is their roadmap to maximising personal impact.
- **Strategic Team Strengths Mapping:** gain an aggregated view of your entire team's strengths. Understand where your collective power lies and how to strategically align tasks, projects, and roles for optimal performance.
- **Manager's playbook:** your manager receives a tailored guide with practical strategies for leading and developing individuals based on their unique strengths categories. Stop managing deficits; start amplifying talent.
- **Deep-dive individual coaching:** post-workshop, every participant benefits from a 90-minute 1:1 debrief and coaching session. This ensures insights stick and are effectively applied back in the workplace.
- **Real-world team challenges:** engage in creative and business-oriented activities designed to immediately apply and reinforce strengths-based learning within your team context.
- **Practical tools for lasting impact:** receive a Goal Planner, a Strengths Profile Book for the team manager, reflection templates, and comprehensive post-workshop resources to embed the learning.



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Meet Your Expert Facilitators

Our workshops are led by highly qualified professionals with a proven track record in executive coaching and leadership positions.

Gemma Hogan: an Accredited Strengths Practitioner, Qualified Professional Coach, and expert in ECR/360 and DISC methodologies. Gemma brings extensive experience as a Senior People Practitioner in HR, Talent, and Learning & Development.

Lisa Allden: an Accredited Strengths Practitioner and Qualified Professional Coach, Lisa offers invaluable insights as a senior business leader with a strong background in Sales, Further and Higher Education.



Ready to Transform Your Team from Good to Great?

Don't let untapped potential hold your team back. Invest in the power of strengths and watch your people do more of what truly energises them.

To discover how our **Leveraging Strengths for High Performance** Workshop can be specifically tailored to your team's unique goals and challenges, **contact us today**. Let's build a high-performing team that thrives by design.



Gemma Hogan - 07791 863092

Lisa Allden - 07713 952864



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