

Phase One

Academics

How do you prefer to study – in a quiet corner of the library, listening to music in your room, or with a group of friends? Each student learns and studies best in different ways. StrengthsQuest can help you thrive in your academic career by showing you how you can leverage your talents to approach your course work.

Relationships

StrengthsQuest can improve and deepen relationships by helping you see and appreciate other's talents. Who are the people who are most important to you? You have many relationships in your life, but in all your relationships, who encourages you to be your best? Viewing your relationships through the lens of strengths can give you a new perspective on how you relate to the people in your life. Understanding the talents of the people in your life can give you a deeper appreciation of how they view the world – and what they need from you.

Personal Development

By understanding our unique talents and our most natural thoughts, feelings and behaviours, we also discover ways to understand our unique contribution and greatest potential for Strength. An accredited Strengths coach can help develop a plan that starts with what's right, and leverages this to work through challenges, opportunities or frustrations we face.

Phase Two

Careers

Deciding what to do once you leave school can be a daunting decision. Understanding yourself and the world of work and how they fit together is a crucial part of discovering career options that you can thrive in. Learning how your Strengths can be applied in different careers and the type of work environment you are best suited to are all ways to help refine the type of career options you choose to pursue. By learning goal setting strategies you can help yourself get one step closer to achieving your career dreams.

Leadership Development

Effective leaders know what they do well, and they find ways to apply their talents authentically and productively. Understanding your talents is an important step in cultivating self-awareness as a leader. The best leaders understand that teams with a diversity of talents achieve the best outcomes. Understanding each team members' talents is crucial to getting the most out of a team – and in a way that honours the contributions each person can make. Understanding each team members' talents will give you new insights into how the team can perform to it's full potential.

StrengthsFinder is a tool developed by Gallup University to identify an individual's Signature Themes of Talent.

In the early 1950s Donald O. Clifton began the study to determine the most natural thoughts, feelings and behaviours of "the best of the best"

He quickly discovered that our talents do more than make us unique individuals. Our greatest talents also serve as our best opportunities for excellence when they are followed.

Once we discover the talents in individuals we begin to recognize where investing time and energy, skill and knowledge are best placed to develop that talent into Strength.

How can we develop the people in our organizations? How should we manage them? – By discovering their talents and creating opportunities for them to understand their most natural thoughts, feelings and behaviours, we also discover ways to understand their unique contribution and greatest potential for Strength.

The real tragedy of life is not that each person doesn't have enough Strengths, it's that we fail to use the ones we have.

Benjamin Franklin

Process:

Phase 1: To purchase access codes, contact: office@stengthsnetwork.org

Cost: Contact the office for price per person for phase 1.

This includes:

- Access code and instructions to complete the online assessment
- Their Top 5 Strengths Report
- Further online learning including the online Student StrengthsQuest publication
- 1:1 coaching session with a Gallup Accredited Strengths Coach

Phase 2: *Option A – Careers*

To book one of our careers coaches', email: office@strengthsnetwork.org

Cost: Contact the office for price per person for a 1-hour careers coaching session.

Option B – Leadership Development

These are customized to suit your requirements. From interactive training days, sports teams to prefect training or whole staff syndicates and individual development. For enquiries email office@strengthsnetwork.org

Introducing Strengths for Students

Discovering what's naturally right with people, then building on it.



"Gallup studies indicate that people who have the opportunity to focus on their strengths everyday are six times as likely to be engaged in their jobs and more than three times as likely to report having excellent quality of life"