

# *Exploring My Strengths Workshop*

## *Discover what makes you stand out!*



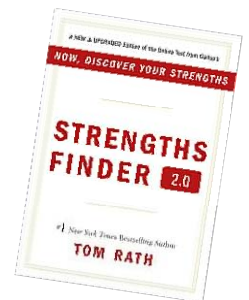
### *The Philosophy of Strengths*

*Strengths are habits, attitudes, talents, abilities, ways of seeing the world and ways of interacting with people, things, and ideas that enable someone to do something particularly well. By capitalizing on one's strengths, motivation is increased, success is more likely, and obstacles are more easily overcome.*

***This workshop is about putting the “spotlight” on what you are naturally best at!***

*Learning how to leverage your natural talents helps you to be happier, stronger, and more effective in your life and your work.*

*As a pre-requisite for this workshop you will receive a copy of the best-selling book, StrengthsFinder 2.0, by Tom Rath. With that comes the opportunity to take Gallup's Clifton StrengthsFinder – a web based assessment tool that is the product of a 30-year, multimillion-dollar effort to identify the most prevalent human strengths. This Web-based talent assessment identifies your greatest natural talents. Armed with this knowledge, you can begin to identify your dominant talents (Signature Themes) and build strengths -- the ability to provide consistent, near-perfect performance in a given activity.*



*“So many people know what their weaknesses are, but often, very few have intimate knowledge of their strengths. That's because sometimes the ways in which we naturally think, feel, and behave come so naturally to us, that we assume everyone thinks, feels, and behaves the same way. But that's not true. Every individual is imbued with a unique combination of talents, and the sooner individuals identify those talents -- and consciously use them -- the better they can learn to use them to build strengths and improve their chance of success in life”. Donald Clifton*

*Exploring My Strengths helps you explore your talents and build strengths. This highly energetic and insight-packed workshop with action-packed activities will provide you with an opportunity to deeply explore the significance and power of your top strength themes.*

## Workshop Goals:

- *Learn why a strengths focus is important to you,*
- *Discover the source of your signature strengths*
- *Develop a greater self-awareness of your natural talents through activities that reflect on past behaviors and experiences*
- *Explore the 34 themes of talent and build appreciation of diversity*
- *Learn the anatomy of a strength*
- *Challenge popular strength myths*
- *Analyze your unique combination of talents and how to leverage them*
- *Identify ways to incorporate your natural talents into resumes*
- *Develop strengths statements for use in interviews*
- *Develop an action plan for strengthening your natural talents*

***“You will become most optimistic, most courageous, and most ambitious when playing to an area of strength”.***

***Marcus Buckingham  
Strengths Author***

## What HIRED Clients are Saying:

- **I have and will continue to promote the classes offered by HIRED cause I know everyone affected will benefit.**
- **This was time that was very well spent. I think I will be able to directly use this information and insight in my job search!**
- **My experience in class was AWESOME! I expected a boring and mundane-been-there-done-that class, this was everything but and it helped trigger a ton of self-confidence. Thank you so much!**
- **Going in most people will assume they may not need something like this; the course does bring up ideas and situations where one wouldn't think. Allows for you to have some introspective time to realize your strengths and weaknesses.**



*Lisa Jean Smith is the President of Learning Journey, Inc. For the past 21 years she has facilitated training experiences for thousands of participants from every area of business and industry in both the private and public sectors. In particular, she has lead many workshops for the City of Saint Paul over the past several years. She is a Certified Master Trainer for DDI and AchieveGlobal.*

*As a 21-year veteran, Lisa Jean assists companies – from fortune 500 to family owned, agriculture to medical technology - in maximizing their “human potential”. Her focus is on building the “people-side” of business to obtain positive results in profitability, productivity, customer relations, and employee engagement and contribution.*

*She enjoys working with any organizations most valuable asset-its people! At a training session you may expect a contagious energy, creativity, and enthusiasm for the event she facilitates. Lisa Jean practices what she teaches. Creating an atmosphere of trust and leading by example are attributes that communicate her personal and professional commitment to her participants and client partners.*