

Course Synopsis

Strengths Based Development

Course Outline	A full day course to understand strengths based development, your natural strengths using Strengthscope profiles and how to maximise them.
Objectives	Strengths based development turns traditional competency based development on its head. Instead of looking for weaknesses to improve it helps you understand how to maximise your strengths and minimise the impact of weaknesses. By recognising the difference between strengths, Creating the right impression is vital in business as is being able to follow it up. We tackle difficult issues of self-confidence, assertiveness and conflict working out methods which are right for the individual and take into account other people's personalities and approach.
Topics	<p>Trainer led group discussion, practical exercises and comprehensive delegate notes</p> <ul style="list-style-type: none"> • Making the right first impression • Passive, assertive and aggressive behaviour • Dealing with conflict • Imposter syndrome • Valuing your intuition • Building confidence