

# LEADING WITH YOUR STRENGTHS

## Strengths Coaching Program

Strengths in a leadership sense, is a generic term used to describe a person's innate capabilities.

But there's more to exploring our 'strengths' than just reflecting on what we might be good at. In this micro program you will undertake a validated strengths assessment instrument, backed by six decades of global research.

This will formally identify your Top 10 talent themes in a group of 34 possibilities that each of us comprise, and will then enter you into 1 of 4 Domains; Strategic Thinking, Relationship Building, Executing and Influencing. Over 33 million different Talent Theme Combinations, it truly establishes the uniqueness of YOU.

Through reporting and deeper exploration during your debrief, you will come to understand why you do what you do, how to intentionally utilise your talent themes by turning these into strengths, and how to identify potential blind spots that may get in the way of your success.

Armed with these deep personal insights you will leave with strategies to implement immediately to ensure you are truly unlocking your full potential.

## Duration

The strengths assessment will take you approximately one hour to complete in your own time. The coaching debrief session is 60 minutes long.

## Cost of Program

\$300 + GST (virtual program)



with Alexandra Heaney  
A Gallup Certified Clifton Strengths Coach,  
Mental Health Nurse & Associate Consultant

## Program Inclusions

- 15 minute discovery call with Alex (on request)
- Strengths Assessment licence and instructions
- Electronic booking system to schedule 1:1 debriefing
- Reflection questionnaire (pre work)
- 1 x 60 minute personalised debriefing session
- 2 x additional personalised strengths reports
- A5 strengths card
- Goal Setting with Strengths Worksheet

## Testimonials

*"The best thing about this session was being able to talk with someone new, who really knew what they were talking about. It was a nice discussion that went two ways. I am now able to take some time to consider more of my blind spots and ensure I am a more well-rounded leader."*



*Tanya*  
HEANEY VOOGT