

# CliftonStrengths® Discovery: Your Unique Strengths and Strategies for Your Success

## INSTRUCTOR-LED COURSE

Living your best life begins when you apply your unique talents. This course will change the way you work and will impact the rest of your life. You will learn how to identify what you do best and how to maximize your potential by using your CliftonStrengths.

Understanding one's natural talents is just the beginning of the strengths discovery journey. This course will take participants beyond a foundational awareness of their strengths to help them identify ways to intentionally invest in their innate talents to apply in their work and life.

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### Who Should Attend

This program is for individuals who want to reach their full potential by using their natural talents. Participants will learn how to focus on and invest in their dominant talents through integration into their daily activities.

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### What You Can Expect

During this course, participants will get new strategies to help them apply their talents to increase their effectiveness in their work and life.

During this course, participants will:

- discover how to make a difference by doing more of what they naturally do best
- acquire tools and insights that will help them apply their strengths to achieve greater productivity, engagement and happiness
- understand how all of their CliftonStrengths themes, separately or together, influence their work and personal life
- develop strategies to help them use their strongest CliftonStrengths to accomplish specific targets, goals and aspirations
- think about how they can combine their talents with others' to achieve greater success

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### Professional Credit Hours

Participants who successfully complete this course can earn professional credit hours from ICF (6.5 hours), SHRM (6.5 hours) and HRCI (6.5 hours). For more information, contact [CEU@gallup.com](mailto:CEU@gallup.com).

### Program Format

One-day course

### Prerequisites

Complete the CliftonStrengths assessment

### Course Overview

Your CliftonStrengths

Putting a Name to Your Talents

Claim Your Power and Edge

Aim Your Talents at Excellence

Manage Behaviors That Don't Come Naturally to Invest in Those That Do

Use Your CliftonStrengths Together: Theme Dynamics

Use Your CliftonStrengths With Others

Use Your CliftonStrengths Every Day

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## CliftonStrengths® Discovery: One-Day Packet



### CliftonStrengths Discovery Workbooks: Your Unique Strengths and Strategies for Your Success

These workbooks guide participants through course activities and experiences. Individuals can use the workbooks to explore, test and refine their notions about how to focus on and invest in their natural talents to increase their performance and achieve their goals.



### CliftonStrengths Resource Guide

This powerful resource provides participants with a deeper understanding of each of the 34 talent themes that the CliftonStrengths assessment identifies. The guide includes theme descriptions, action items and insights into the power of each theme. Participants can use this guide to better understand their talents so that they can practice using them.



### CliftonStrengths Discovery Cards Deck

This set of cards is a learning tool participants can use to start developing their talents by examining the subtle differences and distinct power among their dominant CliftonStrengths themes.



### CliftonStrengths Quick Reference Card

This resource lists a short definition for each of the 34 CliftonStrengths themes.



### CliftonStrengths 34 Report

The CliftonStrengths 34 results report gives an individual a ranked listing of their most dominant natural talents — the ways in which they most naturally think, feel and behave.



### My CliftonStrengths Journal

Participants can use this resource after completing the course to continue exploring their CliftonStrengths and navigating their strengths journey on their own.



### My Investment Card

Participants use this card to capture their commitments to using their learning and insights to apply their talents in their work and life.