

Discover Your Strengths

People who use their strengths more:

- Are happier and more confident
- Have higher levels of self-esteem
- Have higher levels of energy and vitality
- Experience less stress and are more resilient
- Are more likely to achieve their goals
- Are more productive, perform better, and are more engaged at work

Coaching Format:

- 90-minute discovery session
- 4 x 1-hour sessions

Profile: You will be sent a link to complete the online Strengths Profile Assessment for session 2.

Decode your strengths profile to DISCOVER what your energising strengths are, what you are already doing well, and guard against overusing strengths that leave you de-energised.

EXPAND your capacity and confidence by tapping into your hidden talents and find out how to bring energy and vitality back into your life by harnessing your unused strengths.

Feel connected with your 'best' self, every day and SUSTAIN your progress easily.

Coaching with Julie Gillespie

Transform Your Team

Help your teams communicate and perform better by recognising and developing their individual and collective strengths. The benefits are:

- 98% of employees want their employer to recognise their strengths
- People who use their strengths every day are six times more likely to be engaged in their work, meaning they get more satisfaction and feel more committed
- Engaged employees use their strengths at work around 70% of the time
- People who use their strengths are 38% more likely to be productive

Coaching Format:

- 2 x 1-hour consulting sessions with the Team Manager
- Individual 1/2-hour debrief sessions with each team member
- 1/2-day or full-day team coaching session

Profiles: Each team member will be sent a link to complete the online Strengths Profile Assessment for the group session.

A team profile and toolkit are generated

Empower Your Leaders

After individuals and teams know their strengths, the final step is to ensure leaders are enabled to sustain the engagement. It's important they keep up the great work carried out by having informal and formal conversations about strengths and consider how they might delegate and set goals and tasks on this knowledge. Leadership development and coaching skills can form part of this training.

Your leaders will be trained to use the Team Manager Profile. This is an easy to use tool that gets to the point, giving direct advice on developing and applying each team member's top 2 realised and unrealised strengths. The Team Manager Toolkit gives templates and advice on being a strengths-based leader.

Coaching Format:

- 3 x 1-hour consulting sessions with the Team Manager

Profiles: Team Manager Profile is developed based on their team's profile

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Enquire now:

Let's get started