

# Ignite Your Strengths

*leveraging your strengths for sustainable engagement & performance*

## *what it's all about*

*(program overview)*

The Ignite Your Strengths program will assist individuals to crystallise awareness of their strengths and enable them to harness these strengths to improve performance, overall life satisfaction and well-being. Yellow Edge has used its extensive coaching experience to build this program around a world-leading assessment tool, Realise2, developed by the U.K.-based Centre for Applied Positive Psychology. This tool provides a robust, evidence based assessment of an individual's strengths and provides an excellent launching point for further development.

Beginning with a Realise2 de-brief, the individual's coach will surface issues, such as over-reliance on particular strengths, and identify potential career enhancing and life changing avenues to explore. The coach will support individuals over subsequent sessions to develop and implement a strategy to effectively 'broaden and build' their strengths and to enable them to develop in more enriching and sustainable ways.

For teams, Yellow Edge offers half and full day Strengths workshops to highlight collective strengths and weaknesses and explore avenues for improving team performance in the context of core business objectives. Better harnessing combined strengths and addressing any risks associated with maintaining the status quo, has been found to give teams a performance edge, as well as improving the engagement of team members.

## *what's involved*

*(program summary)*

- Realise2 Strengths assessment;
- 3 to 6 individual coaching sessions;
- Action planning and goal setting; and
- Team workshops available

## *the end result*

*(expected outcomes)*

By the end of the Ignite Your Strengths program, individuals will have:

- Increased awareness about their strengths and weaknesses;
- Developed and begun implementing a strategy to more effectively marshal their strengths and move them towards more sustainable engagement and performance; and
- Enhanced working relationships, resilience and well-being.

By the end of Strengths workshop, teams will:

- Better appreciate individual contributions to team outputs;
- Have identified avenues for improving performance by better harnessing combined strengths; and
- Have a greater understanding of the risks associated with maintaining the status quo.

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## *who the program is designed for (target audience)*

These programs are designed for:

- Individuals and teams desiring enhanced self-awareness, improved performance and well-being; and
- Those seeking career development and transition.

## *related pathways (how it connects)*

The strengths programs for both individuals and teams are complementary to Yellow Edge's other offerings.

## *your investment (program cost)*

Prices range from \$1,600 to \$2,950 ex GST per person



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