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How to Thrive in your Life and Career Level 1 Course

Duration

1 Day (08:30 - 16:00)

Objectives

Are you leading a fulfilled life? Do you know what your real potential is? Are you using your innate talents and strengths optimally in your place of work and elsewhere? Do you have the opportunity to do what you do best every day? Chances are that you are not. Only 7% of people worldwide report that they thriving in both their life and career. This is according to research done in 150 countries across the globe. How can you become one of the 7%? You can do this by tapping into you natural talents and strengths. You will be successful because of who you are, not who you are not. For the most part, people do not realize this. From the cradle to the cubicle, we tend to devote more time to fixing our shortcomings that to developing our strengths. Less than two out of the ten people in the world find their jobs fulfilling and the workplace an environment where they can be who they are and have the opportunity to do what they do best every day. This workshop is designed to enable individuals to discover their strength and develop strategies for applying it in all areas of their life in order to reach their potential, and thrive in both life and career.

Who should attend?

Everyone who would like to thrive in his or her life and career. Everyone who would like to improve his or her productivity. Everyone who would like to know what their true talents and strengths are and how to utilize it. Everyone who would like to live fulfilled and rewarding lives.

Prerequisite

Each delegate is required to take the online Clifton Strengths Finder Assessment (CSF) before the workshop.

Course Outline

1. Introduction to talents and strengths: Why we should build on our strengths and manage around our weaknesses.
2. Explanation of the Clifton Strengths finder assessment and the theory on which it is based.
3. Explanation of the 34 talent themes identifiable by the CSF.
4. Three myths that prevent people from developing their talents.
5. How to develop your talents into strengths.
6. Individual profiling based on talent theme dynamics.
7. How to increase our effectiveness and productivity at work.
8. Discover your main areas of strengths - it is Thinking, Connecting, Energising or Doing?
9. Discover your core theme, ignition theme, relaxing theme.

10. How to use our strengths to start thriving in all areas of life

11. How to integrate our strengths and values.

12. Develop strategies for implementation.

In addition: An Individual coaching session will be conducted with each delegate after the workshop which will cover points 10-12 in the outline above.

To check the course schedule, location, pricing and to book online please visit http://www.multimediacentre.co.za/courses/how_to_thrive_in_your_life_and_career.php

Our outlines are a guide to the content covered on a typical class. We may change or alter the course topics to meet the objectives of a particular class.