

# ACCELERATED STRENGTHS COACHING COURSE

## STRENGTHS COACHING 2.0: AN IN-DEPTH STUDY OF THE STRENGTHS-BASED APPROACH TO PERSONAL DEVELOPMENT AND COACHING

People seek a coach when they need a navigator for their journey or when they believe an alternative perspective or broadening of their outlook will make them more effective or even better than they are today.

As a coach, you are accountable for real results. A coach helps people reach their goals and potential by helping them understand who they are and where they want to go. A coach guides and supports clients on their way and empowers them to get there.

Based on more than four decades of the study of talents, strengths, and success, Gallup's Accelerated Strengths Coaching course is an invaluable opportunity to help you understand and apply the principles of strengths-based development to advance your coaching and help your clients learn, grow, develop, and achieve personal and professional success.

### WHAT YOU CAN EXPECT

This advanced four-and-a-half-day course will accelerate your coaching. You will gain tools, techniques, and invaluable experience to help you help others understand how they filter their world. You will receive sophisticated insights to help your clients respond to situations, work with others, get work done, and understand their biases and vulnerabilities.

Two groundbreaking coaching kits are included in the price of the program: the Strengths Coaching Starter Kit and the Coaching Managers and Teams Kit. The tools in these kits, coupled with the educational experiences in the course, will assist you in helping your clients harness their strengths to achieve success. This course also includes an individual coaching session with a Gallup strengths coach.

*During this program, you will learn how to integrate the principles of strengths-based development into your coaching and improve your coaching by:*

- applying your greatest talents in your role as a coach and integrating your strengths to become a more effective coach
- helping your clients understand their talents and how to use them to produce results and reach their goals
- helping your clients overcome obstacles, weaknesses, and vulnerabilities
- educating clients about how to use strengths to transform their relationships
- helping individuals understand their unique strengths within the context of others
- providing managers with techniques for using strengths-based development to address specific team-related issues and challenges
- teaching teams to discover, develop, and use their unique talents for greater team engagement and productivity

*Gallup can teach this course at your location if you have a group of 15 or more.*

*Contact [coaching@gallup.com](mailto:coaching@gallup.com) for inquiries.*

### ACCELERATED STRENGTHS COACHING

**4 1/2 days: 8:30 a.m. to 5:00 p.m. Monday to Thursday; 8:30 a.m. to 12:30 p.m. on Friday\***

#### Day One

What Is Strengths-Based Coaching?

Coaching Conversation One: Establish the Relationship  
Coaching Conversation Two: Help Your Client Understand the Strengths Profile

Introduction to the Top Five

Begin to Make Sense of the Theme Sequence Report (All 34)

#### Day Two

Coaching Conversation Three: Help Your Client Gain Appreciation for His or Her Talents

Appreciating the Multidimensional Aspects of the Clifton StrengthsFinder Themes

Theme Dynamics: The Interaction and Interplay of One Theme With Those of Another

Coaching With Theme Dynamics

#### Day Three

Coaching Conversation Four: Help Your Client Invest in Talents

Performance Management and Strengths  
Individual Development Plan

Pointing Talents at Specific Outcomes

Practice Coaching

Coaching for Performance Achievement

Situational Coaching

#### Day Four

Coaching Managers

Three Coaching Conversations With Managers

The Strengths of the Manager

The Individual Strengths of the Team

The Collective Strengths of the Team

#### Day Five

Coaching Teams

Four Team Strengths Coaching Conversations

Start With Talent; Finish With Strength

The Power of Strengths-Based Partnerships

The DNA of the Team

The Best of Us

*\*Course times may vary by location.*

*Please check [www.gallupstrengthscenter.com](http://www.gallupstrengthscenter.com) or your registration confirmation for specific times at your course location.*



**Conducted at Gallup locations worldwide. Please visit [www.gallupstrengthscenter.com](http://www.gallupstrengthscenter.com) or contact [coaching@gallup.com](mailto:coaching@gallup.com) for upcoming dates, locations, and tuition for a course near you.**

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**GALLUP®** Strengths