

# Understanding and Harnessing Strengths

What if your greatest potential lies not in fixing your weaknesses, but in amplifying what you already do best?

In this energising 90-minute webinar, you'll explore the science of strengths and how they can transform your work, wellbeing, and relationships. Learn how to identify your unique strengths, manage their shadow sides, and apply them intentionally for greater performance and satisfaction. Whether you're a leader, team member, or simply curious about personal growth, this session will help you unlock your strengths and those of the people around you.

## Snapshot

Duration: 90 minutes

## Learning Outcomes

- Understand the science behind strengths and their connection to wellbeing and performance
- Identify their own signature strengths and reflect on how they show up at work
- Recognise the shadow sides of strengths and how to manage them
- Apply strategies to harness strengths for personal and team success
- Support and ignite strengths in others to build positive work relationships

## Course Outline

- Introduction to Strengths-Based Approaches
- The Science of Strengths and Positive Psychology
- Identifying Your Signature Strengths (VIA Framework)
- Managing the Shadow Sides of Strengths
- Applying Strengths in the Workplace
- Igniting Strengths in Others