



## Harnessing Individual & Team Strengths: Strengths Profile Assessments and Workshop.

When people and teams are engaged, great things happen! People look forward to coming to work, achieve their goals, and know that their contribution is valued by their team and their organisation.

When individuals focus on using their strengths, they are six times more likely to be engaged at work. Designed by Alex Linley from a decade of theoretical and empirical research in positive psychology, this program aims to unlock performance potential and help you realise your leadership strengths. To learn more [click here](#)

**The Individual Strengths Profile** will help you and your team develop strategies that maximise personal growth, performance, and wellbeing.

The Strengths Profile assesses 60 strengths and outlines the most frequent realised strengths, unrealised strengths, learned behaviours and weaknesses.

**The Team Strengths Profile Report** using non-identifying data from the individual strengths assessments, this invaluable tool can be used to bring your team together, share strengths, achieve results, and create a positive strengths language for daily use.

By understanding the individual and collective strengths of your team, you can improve the way you work together and know what drives the team members (and what doesn't) to ensure better engagement and increased productivity. The ½ day Team Strengths Workshop is a fun and highly effective way to achieve this.

CAPP Strengths Assessment Tool	Sample Workshop
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%; border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center;"><b>REALISED STRENGTHS</b></p> <p style="text-align: center;">Strengths you use and enjoy</p> <p style="text-align: center;">Perform well    Energising    Higher use</p> <p style="text-align: center; background-color: #2e8b57; color: white; padding: 2px;">Use wisely</p> </div> <div style="width: 50%; border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center;"><b>UNREALISED STRENGTHS</b></p> <p style="text-align: center;">Strengths you don't use as often</p> <p style="text-align: center;">Perform well    Energising    Lower use</p> <p style="text-align: center; background-color: #90ee90; padding: 2px;">Use more</p> </div> <div style="width: 50%; border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center;"><b>LEARNED BEHAVIOURS</b></p> <p style="text-align: center;">Things you've learned to do but may not enjoy</p> <p style="text-align: center;">Perform well    De-energising    Variable use</p> <p style="text-align: center; background-color: #ffa500; padding: 2px;">Use when needed</p> </div> <div style="width: 50%; border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>WEAKNESSES</b></p> <p style="text-align: center;">Things you find hard and don't enjoy</p> <p style="text-align: center;">Perform poorly    De-energising    Variable use</p> <p style="text-align: center; background-color: #ff4500; padding: 2px;">Use less</p> </div> </div>	<p style="text-align: center;"><b>Harnessing Individual &amp; Team Strengths: ½ DAY</b></p> <ul style="list-style-type: none"> <li>Introducing CAPP/Strengths Profile</li> <li>What are our Strengths?</li> <li>The benefits of using Strengths</li> <li>Strengths Spotting in your Team</li> <li>The Strengths Profile Model of Development</li> <li>Understanding our own Strengths Profile &amp; that of others</li> <li>Understanding the Team Strengths Profile</li> <li>Using Strengths to achieve your goals</li> <li>Learning and action</li> </ul>

The NonProfit Alliance Chairs and Coaches are Accredited Strengths Practitioners using the CAPP Strengths Assessment tools. For a full workshop scope and costing please contact:

**Carmel Molloy - The NonProfit Alliance**

0401 710 837 | [carmel@nonprofitalliance.com.au](mailto:carmel@nonprofitalliance.com.au) | [www.nonprofitalliance.com.au](http://www.nonprofitalliance.com.au)