

# StrengthsFinder Workshop Agenda

**10:20 am** Arrivals and check-in

**10:30 am** Welcome & Mindfulness Exercise

**11:00 am** StrengthsFinder 2.0 Top 5 Strengths\*

Strengths-based theory

Understanding your StrengthsFinder Assessment

Gain an appreciation for your strengths

**12:30 pm** Lunch

**1:00 pm** Invest in your strengths, closing Mindfulness Exercise & champagne toast

**2:00 pm** Departures

\*Included in the workshop price is access to CliftonStrengths online assessment:

Your Signature Themes Report

Strengths Insight Report

Strengths Insight and Action-Planning Guide



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