

Strengths & Self Leadership Programme



Growth Architecture Through Neuroscience, Emotional Intelligence & Behavioural Change

A three session experiential journey blending strengths psychology, habit science and identity work to help individuals lead themselves with clarity, confidence and sustainable energy.



Three sessions. Three interconnected topics. One cohesive journey of growth.

Each programme is supported by digital resources, email guidance, and optional follow up coaching to deepen learning and sustain momentum.

Trans4mative Minds

Building the human architecture behind resilient, psychologically safe, change ready teams.

The Growth Mindset Accelerator



People don't need more competency frameworks or performance metrics...

THEY NEED

Space

To understand what energises them

Safety

To manage their overdrive patterns

Support

To align with who they are becoming

The Strengths & Self Leadership Journey is an experiential exploration of strengths psychology, habit science, and identity work. It helps people understand their natural energy, navigate pressure with more awareness, and build sustainable self leadership from the inside out.

This programme strengthens the emotional, psychological, and behavioural foundations behind confidence, authenticity, and long term personal growth.

Explore the programme



Session 1



Strengths in The Real World

Strengths aren't the things you're simply good at, they're the things that energise you, feel natural, and make you feel most like yourself.

This session helps participants recognise their natural power sources, understand the shadow side of overdrive, and learn how to use strengths in a balanced, intentional way.

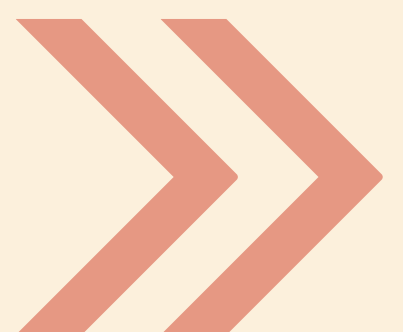
WHAT WE COVER

- Discover what strengths actually are.
- Identify their personal strengths.
- Explore how strengths show up in action, empathy, creativity, detail, humour, strategy, and more.
- Understand strengths in overdrive & how these become stress signals.
- Discover simple tools to rebalance strengths & use them with intention.

OUTCOMES

- Identify their personal strengths through real life clues and patterns.
- Explore how strengths show up in action.
- Recognise when strengths slip into "overdrive"
- Learn practical tools to rebalance and use strengths intentionally.
- Strengthen self awareness, emotional regulation, and personal impact

90 Minutes
Virtual or in person



Session 2



Harnessing Habits

Our habits shape the way we think, work, and grow often more than we realise.

This session helps participants explore the science of habits and discover how small, intentional routines can unlock strengths, build resilience and create the lasting impact.

WHAT WE COVER

- Understand how habits are formed and why they matter.
- Identify which habits support or undermine their unique strengths.
- Design simple, strengths aligned habits that create lasting impact.
- Develop strategies to overcome resistance and embed positive routines

OUTCOMES

- Understand how habits are formed & why they matter.
- Identify habits that support or undermine their strengths.
- Design simple, strengths aligned habits that create lasting impact.
- Develop strategies to overcome resistance & embed positive routines.
- Build confidence & ownership in their growth

Half Day
Virtual or in person



Session 3



Evolving You

Evolving You is a creative, reflective workshop that reveals the true, not so straight path of personal growth. We cover the detours, pauses, and breakthroughs that shape who we become

This session normalises the messiness of change and helps people see their experiences with more compassion and clarity. We explore resilience, reframe setbacks, and identify the small shifts that create meaningful momentum.

WHAT WE COVER

- Visually map each participant's personal evolution.
- Exploration of the three forces of transformation: Disruption, Reflection, Action.
- Group storytelling to normalise detours, pauses, and unexpected turns.
- A closing ritual that captures collective wisdom and forward energy.

OUTCOMES

- Understand the three forces of transformation.
- Normalise the non linear nature of growth through shared storytelling.
- Identify the patterns, lessons, and strengths emerging from their journey.
- Leave with a grounding ritual that captures collective insight and forward energy.
- Build self awareness, emotional maturity, and confidence in navigating uncertainty

Full day = in person
Virtually = two half days



Programme Outcomes



THE RESULTS

- A clearer understanding of natural strengths, energy patterns and overdrive tendencies
- Increased confidence in using strengths intentionally rather than on autopilot
- Awareness of personal triggers, stress responses and how strengths shift under pressure
- Tools to regulate, rebalance and return to grounded self leadership
- Stronger alignment between strengths, habits and daily behaviours
- Greater clarity on identity, values and the leader they are becoming
- Improved resilience through self awareness, compassion and sustainable energy management

DELIVERY OPTIONS

Virtual + In Person
Hybrid

- Session 1: Virtual
- Session 2: Virtual or In Person
- Session 3: In Person or two virtual half days

Up to 40 participants per session

INVESTMENT

Full Programme (3 Sessions)
£4,900

Includes:

- Strengths in The Real World
- Harnessing Habits (Half Day)
- Evolving You (Full Day)
- Digital toolkits for all sessions
- 30 day email support
- Optional leadership add on

INDIVIDUAL PRICING

- Strengths in The Real World: £950 to £1,250
- Harnessing Habits: £1,200 to £1,500
- Evolving You: £2,000 to £2,400

Why Organisations Choose This Programme



- » Because people can't lead others when they don't understand themselves.
- » Because strengths become weaknesses when they're used on autopilot.
- » Because sustainable performance requires energy awareness, not constant effort.
- » Because self leadership is the foundation of every healthy, resilient team.

This programme gives your people the self awareness, strengths literacy and behavioural tools they need to lead themselves with clarity, confidence and sustainable energy.

Ready to strengthen the self leadership capacity of your organisation?

Let's build a culture where people understand their strengths, manage their energy, and show up with grounded, authentic leadership..

Enquire now to bring the Strengths & Self Leadership Journey to your team.

REACH OUT



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The Inner Reboot Podcast



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