

STRENGTHS: YOUR SUPERPOWERS, YOUR STRESS SIGNALS, AND YOUR SECRET TO THRIVING

WHAT IS IT?

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. They're your psychological DNA, the patterns you can't help but use because they light you up.

WHY IS IT IMPACTFUL?

When people use their strengths, motivation rises, resilience increases, and performance becomes more sustainable. When strengths are ignored or pushed into overdrive, energy drains, stress increases, and confidence dips. 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.

HOW WE DO IT

Through interactive reflection and practical exercises, participants will:

- ✓ Discover what strengths actually are, not skills, but energy-givers.
- ✓ Identify their personal strengths through clues, patterns, and lived experience.
- ✓ Explore how strengths show up in action, empathy, creativity, detail, humour, strategy, and more.
- ✓ Understand the "overdrive" effect and how strengths can become stress signals.
- ✓ Learn simple tools to rebalance strengths and use them with intention instead of autopilot.

THE RESULT?

People gain clarity on what energises them, how to work in alignment with their natural strengths, and how to avoid burnout by recognising when strengths tip into overdrive. The outcome is more confidence, better collaboration, and a healthier, more sustainable way of working.

