



Discover your Strengths & Unlock your Potential

TARGET AUDIENCE:
Individuals who want to know their strengths and how to maximize them

DURATION:
1 Day (8 hours)

Do you ever wonder why you make certain choices? Why you are better at some things than others?

People who know the answers to the above questions and have the opportunity to use their Strengths at work are 6 times as likely to be engaged in their jobs, and more than 3 times as likely to report having an excellent quality of life.

This course will equip you with the skills and knowledge to Name your Signature Themes, Claim them to get a deeper understanding of who you are, and Aim them by “flex-ing” your Themes to hone your Strengths, build on your areas of greatest potential, and overcome barriers as well as weaknesses.

LEARNING OUTCOMES

At the end of the course, you will be able to:

- Demonstrate understanding in the concept of Strengths
- Discover your own Signature Themes and Talents, how and when you have been applying them
- Discover your greatest Talents and understand how to build your Strengths
- Identify obstacles in building your Strengths
- Create Support System in managing weaknesses
- Combine your Signature Themes and Talents to achieve success
- Overcome life obstacles, weaknesses and vulnerabilities

**SIGN-UP NOW AND UNDERSTAND MORE ABOUT HOW YOUR STRENGTHS
CAN BE APPLIED TO BRING OUT THE BEST IN YOU!**



Participants will each receive a “CERTIFICATE OF COMPLETION”
from CBLD upon completion of the training program.

Course fee : \$300 (exclude GST), U.P. \$600

**REGISTER
NOW!**

COURSE FEE INCLUDES*: • Signature Theme report • Strengths Insight guide

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