

Successful Strengths Coaching

INSTRUCTOR-LED COURSE

Become a coach and learn how to use a strengths-based approach to help people live their best lives using their CliftonStrengths at work and everywhere else.

Gallup's Successful Strengths Coaching course incorporates findings from our extensive, ongoing research into how people learn, grow and develop. Those who register for the course receive the Strengths Coaching Starter Kit included in the program's price. By combining the tools in the kit with the education in the course, you will be on your way to helping others harness their strengths to maximize their potential.

Who Should Attend

This program is for people who lead coaching conversations, including independent professional coaches, corporate coaches, executive coaches, educators, leaders and managers.

What You Can Expect

This course provides the science, expertise, techniques, tools, practice and experience you need to positively influence people's lives through strengths discovery. You will help the people you coach better understand their talents and strengths, navigate their challenges, move forward when they are stuck, and reach their greatest potential by:

- developing your strengths and using them to become a more effective coach
- appreciating your clients' unique talents, understanding what they can contribute to the world, and helping them use their talents and strengths to reach their goals — no matter what
- helping your clients discover deeper insights into themselves and others, including how to work better together

Within a month after attending the program, you will have a one-on-one follow-up session with a Gallup strengths coach. Together, you will discuss how to apply and integrate the concepts you learned.

Professional Credit Hours

Participants who successfully complete this course can earn professional credit hours from ICF, HRCI and SHRM. For more information, contact CEU@gallup.com.

Program Format

This course is available in two instructor-led formats:

- in-person course
- virtual via Zoom

Prerequisites

None

Course Overview

Day One

Welcome and Introduction
 The Breakthrough of Strengths
 Strengths-Based Coaching
 You as a Coach
 Establish the Coaching Relationship
 Help Clients Understand Their
 Strengths Profile
 Day One Wrap-Up/Homework

Day Two

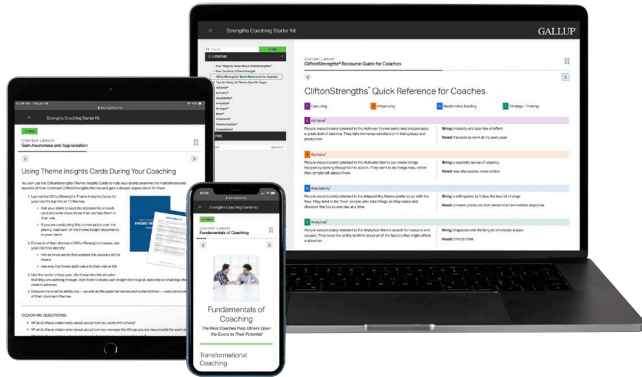
Welcome and Discoveries
 Claim It! Gain Awareness and
 Appreciation
 What About Weaknesses?
 Theme Awareness
 Multidimensional Aspects of
 CliftonStrengths Themes
 Aim It! Investing in Talent Development
 Building an Individual Development Plan
 Changing the World Starts With You

Coaching Call

This learning experience includes an individual 60-minute coaching session with a Gallup strengths coach. The session takes place by phone after the course.

Successful Strengths Coaching

When you attend this course, you receive the digital Strengths Coaching Starter Kit to better understand and apply the principles of strengths-based development to advance your coaching and help your clients learn, grow, develop and succeed.



This kit includes:

- two informative guides providing fundamental concepts and techniques to use to coach others on their talents and strengths
- content and resources to support four fundamental coaching conversations
- resources to examine, learn and integrate the 34 CliftonStrengths themes into your coaching

This kit combines text, imagery and embedded media to help you examine the topics you care about most.

Six Self-Paced Learning in Action Modules After the Course (45-60 minutes each)

Learning in Action modules help participants implement what they have learned and continue their development as a strengths coach after the course. Modules include suggested actions, study guides, sample coaching conversations, illustrations, suggestions for using coaching tools and more. Participants have access to this content for two years to revisit as they apply their coaching skills and expand their experience.

Additional Learning and Coaching Tools Included

- Learning Journal
- CliftonStrengths Resource Guide for Coaches
- CliftonStrengths Quick Reference Card for Coaches
- Leadership Photo Cards
- CliftonStrengths Theme Insight Cards for Coaches
- Implementation Guide

