



# DISCOVERING YOUR STRENGTHS:

*Using Positive Psychology to Lead*

Course Duration	Course Dates	Course Locations	Course Fees (excl. VAT where applicable)
3 days	5 - 7 March 2024	Kisumu, Kenya	\$ 950
3 days	20 - 22 August 2024	Mombasa, Kenya	\$ 950

## ENROL

Visit: [www.training-connections.co.ke/calendarprograms](http://www.training-connections.co.ke/calendarprograms)

\* Terms and Conditions apply



Contact us for special group rates  
[info@training-connections.co.ke](mailto:info@training-connections.co.ke)



**COURSE PREREQUISITE:**-Participants are expected to complete a behavior preference questionnaire before the start of the Course; link to be availed upon registration.

**COURSE OVERVIEW:**-The main objective of this 3-day training program is focused on "Discovering Your Strengths: Using Positive Psychology to Lead" is to help participants identify and leverage their strengths in a leadership context. Positive psychology emphasizes the importance of focusing on what is right with individuals and organizations, rather than solely addressing weaknesses.



## KEY TAKEAWAYS

### Identify Personal Strengths:

Participants will learn how to identify and recognize their own strengths, areas of hidden potential and blind spots in managing and leading people.

### Understand Positive Psychology Principles:

Participants will learn about positive psychology principles and how they relate to leadership effectiveness while exploring concepts such as positive emotions, engagement, relationships, meaning, and accomplishments (PERMA model).

### Connect Strengths to Leadership Skills:

Participants will understand how their unique strengths align with effective leadership traits.

### Develop Self-Awareness:

To foster self-awareness, participants will be encouraged to reflect on their strengths and how they manifest in their leadership style and how they can positively impact team dynamics.

### Create a Strengths-Based Leadership Plan:

Participants will be guided in creating a personalized plan for incorporating their strengths into their leadership approach.

### Enhance Communication Skills:

Participants will explore how effective communication can be strengthened by aligning with personal strengths and how to incorporate strengths into communication styles to inspire and motivate others.

### Build a Positive Team Culture:

Participants will be taught how to foster a positive team culture by recognizing and appreciating the strengths of team members to create a strengths-based work environment.

### Promote Resilience and Well-being:

Participants will discuss the connection between leveraging strengths and promoting resilience and well-being in leadership Roles.





**Training  
Connections**

● Personal Effectiveness ● Organizational Performance ● Leadership Effectiveness ●

### ABOUT TRAINING CONNECTIONS

At Training Connections, we are all about assisting **PEOPLE** improve their **Personal Effectiveness** to achieve their **Organization's Performance** goals through enhancing their **Leadership Excellence**.

Core to the Training Connections philosophy is an excitement for people and their development that is felt from the first contact.

### OUR PROGRAMS

Our programs are designed in collaboration with leadership & management faculty from prominent business schools and industry practitioners. The programs seek to transform the way people work together. We mount our programs to create vibrant working environments in which people feel valued and get heard, communication is honest and clear, decision-making timely and robust, and authentic leadership filters through the organizations we work with.

## We Develop PEOPLE – Our skillset pillars.

Our four core training pillars are comprised of key components of the executive skillset needed to thrive in today's ever-changing business environment.

#### Self Awareness & Personal Development



We use a communication and behavior assessment tool called Clarity4D. This is an easy to understand tool that depicts different personalities in color; red, yellow, green and blue. It helps people understand themselves and others better.

#### Leadership and Management



Getting the leaders of your organisation especially at the top, behaving authentically, inspirationally, respectfully, and communicating with clarity, honesty and conviction is a critical driver of success. It sets the tone and creates the culture for others to emulate.

#### Team Dynamics and Development



In order for an organization to achieve excellence and meet its objectives, it must have cohesive working teams and we are equipped to help you achieve that.

#### Communication and Interpersonal Skills



With improved communication comes better relationships both at home and in the workplace. Using the Clarity4D tool, we guide you through your preferred communication style and help you understand other people's communication style as well.

### BEGIN YOUR PERSONAL LEARNING AND DEVELOPMENT JOURNEY WITH TRAINING CONNECTIONS



All our learning programmes begin with an introduction to the Clarity4D model and our signature 'Personal Impact' workshop. This gives delegates valuable insights into themselves and the impact they can have on others, and lays the groundwork for improved working relationships and team performance.

### CUSTOMIZE THIS PROGRAM

**Turn this program into a custom learning experience for your team or organization.**

Training Connections Limited helps organizations of all sizes in every industry identify core problems and create new solutions to address their current and future business needs. We work closely with you to holistically design a program that is delivered by facilitators with vast experience from training organizations just like you to get you results.

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**Clarity4D**  
clear colourful communication