



YOUR STRENGTHS – YOUR WAY

A 5-Session Live Online Training Course for Women Leaders

Imagine influencing and impacting others using your most natural talents and strengths!

This Course is for You If...

- you are a mid- to upper-level women leader who would benefit from a strengths-based approach to leadership.
- you want to influence and impact with greater confidence.
- you are committed to leading high performing teams by cultivating natural talents and strengths.
- you value community and connection with a diverse group of leaders.
- you are ready to learn and willing to contribute your experience so everyone can grow.

Your Facilitator

Sara Harvey is an executive coach, leadership team trainer, and business owner with 30 years of hands-on experience in the business world. Five years ago, while in her role as Chief Operating Officer for Dr. Deepak Chopra, she became a Certified Gallup® Strengths Coach and Training Facilitator. She has dedicated herself to delivering Gallup Strengths trainings both virtually and in-person across a variety of industries. The combination of her certifications as a Gallup Strengths Coach and Chopra Global Meditation and Mind-Body Health Instructor uniquely positions her to bring out the best in all the leaders she trains and coaches.

Sara has presented at over 10 Authenica events and is a regular contributor to the women's leadership workshop called *inspire*. She is also part of the Authenica **PRISM** program team, supporting the *Unpack and Debrief* phases.

For more information about Sara, visit www.innertelligencecoaching.com

Course Prerequisite

As a course participant, you will take the Gallup® CliftonStrengths® Assessment prior to the first session and receive your rank-order list of 34 Strengths. You will receive 2 personalized summary reports in addition to the 4 reports available to you in your Gallup account online. The reports will be incorporated into the training sessions. The Assessment cost is included in the course price. For questions about the Gallup® CliftonStrengths® Assessment, please refer to our FAQ document.

Course Length:

Five live sessions of 1 hour each facilitated by Sara Harvey via Zoom. All sessions will be recorded in case you have a scheduling conflict and can't attend a session.

Dates and Times:

May 2, May 9, May 16, May 23, May 30. All sessions will be held at 8AM PT / 11AM ET.

Course Size:

A maximum of 10 women leaders will be accepted into the course to effectively facilitate community and connection.

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Course Introduction

In this 5-session online training course, Sara Harvey, Gallup® Certified Strengths Coach, will guide you to increase your influence and impact as a leader using your natural talents and strengths. We will work to define your authentic expression of leadership, cultivate self-confidence in your role and guide you to help your teams work at their full potential.

Course Description

Session 1	Identify Your Leadership Style Through the Lens of Your Strengths
Description	<ul style="list-style-type: none">• Understand Strengths as a strategy for personal and professional excellence.• Learn the 4 domains of leadership and how you impact and influence in each domain.• Build awareness and understanding of your personalized Strengths profile as a tool for authentic leadership• Create your leadership contract and your unique leadership brand statement to define your own “gold standard”.
Session 2	Define Exactly What Helps and Hinders Your Leadership Impact
Description	<ul style="list-style-type: none">• Know what you need and what you bring to be successful.• Identify the triggers that hold you back from being an impactful leader.• Uncover your motivators and demotivators through the lens of your Strengths.• Learn your productive vs unproductive talent expressions.• Gain the insights you need to manage your weaknesses and blind spots.
Session 3	Learn the Power of Strengths-Based Communication to Build Inclusive Connections
Description	<ul style="list-style-type: none">• Understand how and why communication falls apart.• Learn how your Strengths influence your communication style and your ability to be heard.• Discover how communicating clear and focused intentions drive the best outcomes.• Learn how the practice of deep listening builds engagement and connection.
Session 4	Define Strengths Combinations to Increase Team Productivity
Description	<ul style="list-style-type: none">• Discover how putting people in the right roles and on the right tasks drives productivity and better collaborations.• Understand the attributes of a Strengths-based team.• Learn helpful Strengths contrasts and combinations to build a cohesive team.• Learn how to convert a weakness into a Strength on a team or in a partnership.• Practice solving a workplace challenge with combinations of Strengths.
Session 5	Activate Appreciation as an Engagement and Retention Strategy
Description	<ul style="list-style-type: none">• Learn the 4 fundamental needs of humans.• Discover how to give meaningful appreciation to a diverse team of individuals.• Learn to give gratitude through the lens of an individual’s Strengths.• Summary recap, close and next step commitments.

Price:

\$975 per person (includes the Gallup® CliftonStrengths® Assessment)

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