

# STRENGTHS

## Use CliftonStrengths to develop your career

### ASSESSMENT & 1-1 ONLINE COACHING INTERVIEWS

We all have strengths and weaknesses. Many focus on developing their weaknesses. However, Gallup's research shows that we benefit most from learning to deal with our weaknesses and that our greatest potential for success lies in developing and using our strengths. Gallup's studies also show that most of us do not know and understand the full potential of our strengths.

The individual feedback and coaching conversation is based on your personal All 34 CliftonStrengths report. The CliftonStrengths report gives you insight into how your talents and strengths affect you in your daily life.

Strengths constantly influence your focus and decisions. Through the coaching, we help you do more of what you already do well, but more consciously and in control, so you can improve your performance and quality of life both on the job and in your private life. If you choose to buy one of our coaching packages, you will be able to work on one or more topics such as stress, increased impact, self-leadership, leadership, communication or others. Much is possible - let us know what we can do to help you.

### Your Benefits

A test and feedback will give you:

- Insights into the foundation of strength-based development what it can be used for
- An understanding of your individual talents, strengths and less developed areas
- An understanding of how your strengths have helped so far
- Insights into how your strengths influence your everyday life
- An insight into what motivates you and what drains you for energy
- Insights into how to use your strengths consciously

### Your Coach

At STRENGTHS in Denmark you will be coached by Christian Holst, a Gallup Certified Strengths Coach. Christian has many years of experience in consulting and coaching of managers, teams and organizations. He has experience as a business owner, consultant, coach and leader.

### Frame

The coaching takes place online, with virtual sessions via one of the well-known virtual platforms.

### One or More Coaching Sessions

The development of one's mental strengths may be similar of developing one's physical muscles. It

# STRENGTHS

takes time. And the more you do it - yes, the stronger you'll get. All coaching is about becoming more conscious and intentional about using your strengths. It may sound pretty simple, but experience shows that it can take time to translate the output of a test into deliberate actions. A coach can help you to do this and will be able to help you understand the results of the test and the application of the different elements in real life.

## Strengths Coaching Expertise

Our Strengths Coaching method is evidence-based and builds on Gallup's leadership research for over 50 years with more than 50,000 executives in over 200 different organizations and industries. The method is rooted in strength-based development.

The greatest potential we have for developing is by identifying with our talents, the ways we most naturally think, feel and behave. And then build on those talents and develop them into strengths - the ability to consistently deliver an almost perfect performance.

## Contact

### STRENGTHS

**Christian Machat Holst**

Chief Inspirational Officer

[ch@strengths.dk](mailto:ch@strengths.dk)

INPUT - INTELLECTION - CONNECTEDNESS - SIGNIFICANCE – LEARNER



M: [ch@strengths.dk](mailto:ch@strengths.dk)

T: +45 22 64 64 99

Skype: live:ch\_1686

[www.strengths.dk](http://www.strengths.dk)

*Vi gør talenter til styrker*

---

STRENGTHS har en samarbejdsaftale med Gallup, men er ikke en del af Gallup. We are not affiliated with The Gallup Organization ("Gallup") and Gallup owns all right, title, and interest in all of its trademarks and copyrights relating to CliftonStrengths™, Gallup®, StrengthsFinder®, and the 34 Clifton StrengthsFinder® theme names.