



# MOBILIZE YOUR STRENGTHS & BOOST YOUR WELL-BEING

WELL-BEING COACHING

*"What would happen if we focused on what is **right** with people rather than fixating on what is wrong with them?"*

*Donald Clifton*

# BOOST YOUR **WELL-BEING** - MOBILIZE YOUR STRENGTHS

## Great well-being makes an impact

Our Well-being affects us in many ways. It can for example be reflected in the number of sick days, in our motivation, in our job performance, and in to what extent we feel connected with our job.

A survey from Gallup (2016) showed that a high level of individual well-being is correlated with the following five elements:

- **Career:** You like your job and what you do every day
- **Social:** You have meaningful friendships in your life
- **Financial:** You manage your money well
- **Community:** You like where you live
- **Physical:** You have energy to get things done

## Use your strengths to improve your well-being

The studies show, that the potential for development is far greater and much more rewarding, when we dedicate our attention and effort to growing our talents, as opposed to focusing on weaknesses and trying to develop these. Weaknesses need to be managed, strengths need to be brought into play.

By actively bringing your strengths into the picture and by putting them in relation with the 5 basic elements for a high level of well-being, it gives you the possibility to create new opportunities and an improved satisfaction in your work and personal life.

### EVERYBODY IS A GENIUS

”But if you judge a fish by its ability to climb a tree, it will live its whole life believing it is stupid”.  
Albert Einstein

## Your top 5 strengths have an influence on 70% of your actions.

Strengths constantly influence several aspects of your mental state. Your focus, your decisions, your motivation, your communication. In short, they are taking a large part in your feelings and actions.

It can be difficult to see and understand our strengths and how they can influence us, as they are a natural part of our life and behavior.

Through coaching, we help you to increase your awareness of your strengths and how they influence your life. This new learning is then enabling you to strengthen your individual mental fitness and herewith your own well-being.

*”Most people think they know what they are good at. They are usually wrong... And yet, a person can perform only from strength.” Peter Drücker*

# MOBILIZE YOUR **STRENGTHS** - BOOST YOUR WELL-BEING

## You will get

A CliftonStrengths All 34 Report & individual profile

Feedback & coaching on your top strengths and how they influence your life

Insights in how to increase motivation on a daily basis

Active support with goal-setting and realization of those goals

Concrete tools to improve quality of life, in both personal and professional context

Access to an app that helps you realize your objectives

## Set up & Languages

The coaching takes place online, with virtual sessions. We can use any of the well-known platforms, depending on the participant's preference.

It is recommended to do the assessment in your mother tongue. The assessment can be taken in most languages.

## We are certified strengths - coaches

All coaches are certified coaches with extensive experience. Many of our Strengths coaches are Gallup Certified Strengths Coaches. You can read more about the team of coaches on our website: [www.strengths.dk/coaches](http://www.strengths.dk/coaches)

Our Strengths Coaching method is evidence-based and builds on Gallup's leadership research for over 50 years with more than 50,000 people in over 200 different organizations and industries, as well as private practices.

Contact us at [info@strengths.dk](mailto:info@strengths.dk)

Find additional information about our coaching offer on:  
[www.strengths.dk/english](http://www.strengths.dk/english)



**STRENGTHS**

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