

Discover your Strengths - for you AND your family.

Learn a language to help focus on everyone's strengths, maximizing personal fulfillment and joy. Join our workshops for parent(s). Learn how to productively apply this understanding for yourself and within your family. Each class builds on the one before, and includes the expertise of Gallup-Certified StrengthsFinder™ coaches.

Two dates - Family investment in Strengths - \$150 per family (up to four members) plus \$20 / per StrengthsFinder or StrengthsExplorer (age 10-14) assessment. Once you register for the workshops, you will be sent a code based on the number in your family (and ages).

Why use the StrengthsFinder or StrengthsExplorer with your family?

- 1. It helps you understand your family members on a deeper level.**
- 2. It gives you a common language to navigate conflicts.**
- 3. It provides practical handles on how to create more meaningful family bonding opportunities.**

July 26, 2017 @ Healing Waters Health Center - 6:30 p.m.

FAMILY STRENGTHS EDUCATION (3 hours)

- **FAMILY EDUCATE: It starts with you.** The Education Day is where the foundation is created. It builds a fundamental understanding of StrengthsFinder™ language and individual top talents. We strategically select exercises and examples to promote individual understanding. This is key, and the foundation for everything else you do. It starts with an understanding of your own Strengths BEFORE you can fully recognize / appreciate the talents within your family. You will leave with homework for the next session.

TBD @ Healing Waters Health Center - 6:30 p.m.

FAMILY STRENGTHS ENGAGEMENT PARENT ROUNDTABLE AND YOUTH EXPLORATION (2 hours - Concurrent)

- **ENGAGE:** Two-hour roundtable discussions to connect in a safe, nonjudgmental and relaxing environment. Through a conversation format we engage parents to share insights, perspectives, stories and collective wisdom with an opportunity for understanding and awareness that brings Strengths to life. Invest in your family relationship by highlighting what is going well and sharing the strengths you observe in their child, encouraging an appreciation for how they *uniquely* show up in the world. Requirement: Each family member age 10+ to take the Strengths Assessment in advance.

Until we really understand our strengths and those of others, we can miss the power and benefits of a strengths approach.

- **YOUTH EXPLORATION:** The Explore workshop brings the children (10 and up) to teens together for a Strengths exploration. We build Strengths in art form, while exploring what each Strength means to them. Teams will be divided by age. Each person will go home with an understanding of their Strengths, the ability to articulate who they are in Strength and art-form to celebrate their Strength. This will be an incredible experiential opportunity for each of the kids.

SPACE IS LIMITED! RSVP: Kristen.Suro@StrengthsWise.com