

DISCOVER YOUR STRENGTHS COURSE



ONLINE COURSE SYLLABUS

COURSE DESCRIPTION

'Each person's greatest room for growth is in the areas of his or her greatest strength.' – Donald Clifton

At a time when society compels us to look at what we do wrong, how we make mistakes and why we should fix our weaknesses, perhaps it's time to redirect our focus. To consider a more positive way of thinking, feeling and behaving. What would happen if we paid more attention to what we do well? What we enjoy, what energizes us?

Turns out that researchers in the field of positive psychology have been busy studying this topic during last 20 years. They found that people who tried using their strengths in new ways each day for a week were happier and less depressed six months later. Additional lasting benefits include greater vitality and self-esteem.

During 6 sessions the course will take you on the journey of discovering your strengths from different angles. The first part of the course looks at your strengths and how they complement each other. The second - helps to understand how your mix of strengths could be applied in the surrounding environment with other people. It is the core for finding your niche or contribution to the world at large. Finally, the third part focuses on further development of your strengths and creation of a balanced strengths-based lifestyle.

COURSE IN SHORT

SUBJECT: Personal Strengths

COURSE TYPE: Online

FORMAT: Emails / Workbooks / Video Lectures

LENGTH: 48 days / 7 sessions

EFFORT: From 15min to 4 hours a week

LANGUAGE: English

CONTACT: hello(at)appliedhappiness.institute

LEARNING OBJECTIVES

By the end of this course, participants will:

- Have a basic understanding of their natural talents and strengths and how they complement each other;
- Have a greater awareness how they can harness their talents and develop them into strengths;
- Discover how surrounding people see their strengths and the gap between internal & external perceptions;
- Be able to identify strengths of other people;
- Learn how to build stronger relationships based on complementarity of personal strengths;
- Have the focus to think more resourcefully;
- Learn evidence based practices that can be employed in everyday life to address weaknesses in balance with strengths.

COURSE PREREQUISITES

There are no prerequisites for taking this course, apart from your motivation to actively use the knowledge shared in this course. This program is for you if you want to become much more effective, successful and fulfilled in your life, find your niche' and break out of limiting beliefs that are holding you back.

COURSE FORMAT

The course is delivered in a self-paced format - the participant is free to choose when and how they would like to learn the course material. The participant can choose between email, workbook or video lecture based course version. Regardless of the chosen format, every session contains 1) theoretical material and 2) at least one practical exercise to reflect on one's strengths from a different perspective. Full course participants are encouraged to write to the personal dedicated coach with questions throughout the course.

COURSE OUTLINE

SESSION #1: Discovery of Strengths

During the first week you will gain deeper understanding of the role your strengths play in your success. You will get closely acquainted with your strengths and make them truly yours.

SESSION #2: Your Unique Strength Mix

During the second week you will look into how your top strengths play together. You will discover the relationships between your strengths and how they influence each other to form uniquely your mix.

SESSION #3: Your Strengths Through The Lens of Others

During the third week you will collect input and analyze the perception of your strengths by people who know you. You will find out how aligned your perception is with the way others see you.

SESSION #4: Strengths-Based Relationships

During the fourth week you will learn about the relationship between your strengths and strengths of people around you. You will find out about how different strengths sets interplay to form dream teams.

SESSION #5: Strength Application & Development

During the fifth week, you will focus on the road ahead after the course towards strengths-based lifestyle. You will develop a plan for application and development of strengths for the nearest future.

SESSION #6: Addressing Your Weaknesses

During the last week, you will discover the essential role your weaknesses play in the strength-based lifestyle. You will learn a framework for addressing your weaknesses on daily basis in a balanced way.

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