

DISCOVER YOUR STRENGTHS COURSE



OFFLINE 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: Offline

FORMAT: Emails / Workbooks / Video Lectures

LENGTH: 35 days / 5 sessions

EFFORT: 2-3 hours a week

LANGUAGE: English

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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 FORMAT

The course runs over 5 sessions taking place every week. Each session lasts approximately 120 minutes and enables you to look at your strengths from a different angle. The overall length of the course is 35 days.

Sessions' format is highly practical, with maximum time dedicated to the actual application of the subject through hands-on exercises. This allows anyone to take this course without any prerequisites and achieve tangible results.

Sessions are complemented with reflection activities and homework exercises to facilitate the application of new material in everyday life.

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.

GROUND RULES

As any discovery journey is very personal, it is essential that all participants come with the intention to help each other on this journey. These simple yet important rules below ensure all of us would get the most of the course.

- 1:** We welcome different perspectives
- 2:** We are supportive and friendly
- 3:** We let everyone have a voice
- 4:** We use the expertise in the room
- 5:** We share a bit of ourselves
- 6:** We act with integrity
- 7:** We are present

MEET THE INSTRUCTOR

The course in Zurich will be delivered by Dmitry Golubnichy, Chief Happiness Officer of 100happydays foundation on the mission to make people more aware of the pursuit of happiness. By now the foundation's projects have impacted over 8 million lives in 180 countries around the world. Dmitry has lead over 500 hours of trainings, workshops and personal development programs. He frequently speaks at events such as TEDx, Social Innovation Summit, EXPO, and Pirate Summit.

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.



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