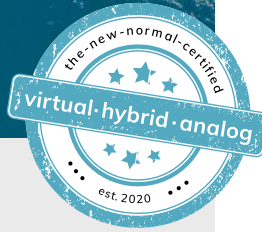


Expedition Personal Strengths

Blended coaching to explore and analyze personal strengths



Why

The force of disruptive change is real and impacts on all aspects of our lives. Some of us discover new personal skills or call existing competencies and approaches into question. Now that a reset has become necessary, it is good to know what we can rely on ... our own strengths and the only certainty that we currently still have: our inner being.

The concept

Your Expedition consists of research units and Coaching Camps in the experiences and results achieved. You will interview others about your "best moments" and use psychometric methods to collect data about your strengths. In the Camps you map out

Format

Multi-modular blended learning format with coaching sequences and Expedition Camps comprised of independent learning, exploration and reflection modules

Who for

For all those who want to explore their talents and strengths whilst addressing the challenge of ever-changing environments.

Contents

- Check-In: your 2 success stories
- Expedition External (reflected best self, psychometric methods, strengths image)
- Expedition Internal (core competence analysis, motivation analysis)
- Expedition Future (Genius Work, journaling: a journey into the future)
- In between Camps 1-3: coaching sessions

your strengths. Surprising, gratifying, strong elements will be revealed ...

... By the end of your journey you will have a clear picture of your unique strengths.

Your analytical expedition of disco-very – explore and gain insights into your personal strengths

The Expedition will help you explore and define your personal strengths profile. You delve your external and internal self to achieve clarity about your core competences and the unique contribution you make to your professional and personal world ... familiar, less familiar and perhaps completely new fields will open up to you.



Information on organisation and program:

Your Expedition is scheduled to last around 2 months. You choose the right expedition guide and coach to suit your needs from a choice of three. Appointments and other arrangements are made individually.

Where necessary, you can book your Expedition Personal Strengths as a virtual-only or blended coaching format.

You will spend a part of your journey on our digital learning platform, which offers a wealth of learning content, including motivating models, research assignments, reflection sessions and short videos.

A former participant dared to take the step and embark on her personal strengths journey.

[Read more >](#)

We tailor the concept to your requirements. Contact us to arrange your personal consultation!

Contact

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