

Cultivate Your Professional Strengths Using Gallup's Research

STRENGTH BASED PSYCHOLOGY



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Gallup's Research

Everyone is born with
natural talents

Developing these
talents turn them into
strengths

Each individual has 5
dominant strengths



Course Overview



Strength Based Psychology

Gallup's Study Of Human Strengths

Identify Your Dominant Strengths

**Discover A Deeper Understanding Of
Your Strengths**

**Maximize Your Strengths, Navigate
Around Your Weaknesses**

**Achieve By Living, Working and Playing
Through Your Strengths**



“Most Organizations are Built on Two Flawed Assumptions About People”

1. Each person can learn to be competent in almost anything.
2. Each person's greatest room for growth is in his or her's areas of greatest weakness.



“Here are the Two Assumptions That Guide the World’s Best Managers”

1. Each person’s talents are enduring and unique.
2. Each person’s greatest room for growth is in the area of his or her greatest strength.



Strength Based Psychology

A social work practice theory that emphasizes people's natural talents and strengths.

We will become liberated to become more of who we already are as we mold our thinking and belief around our strengths.



More time is spent in areas of greatest weakness.

Report Card

History A

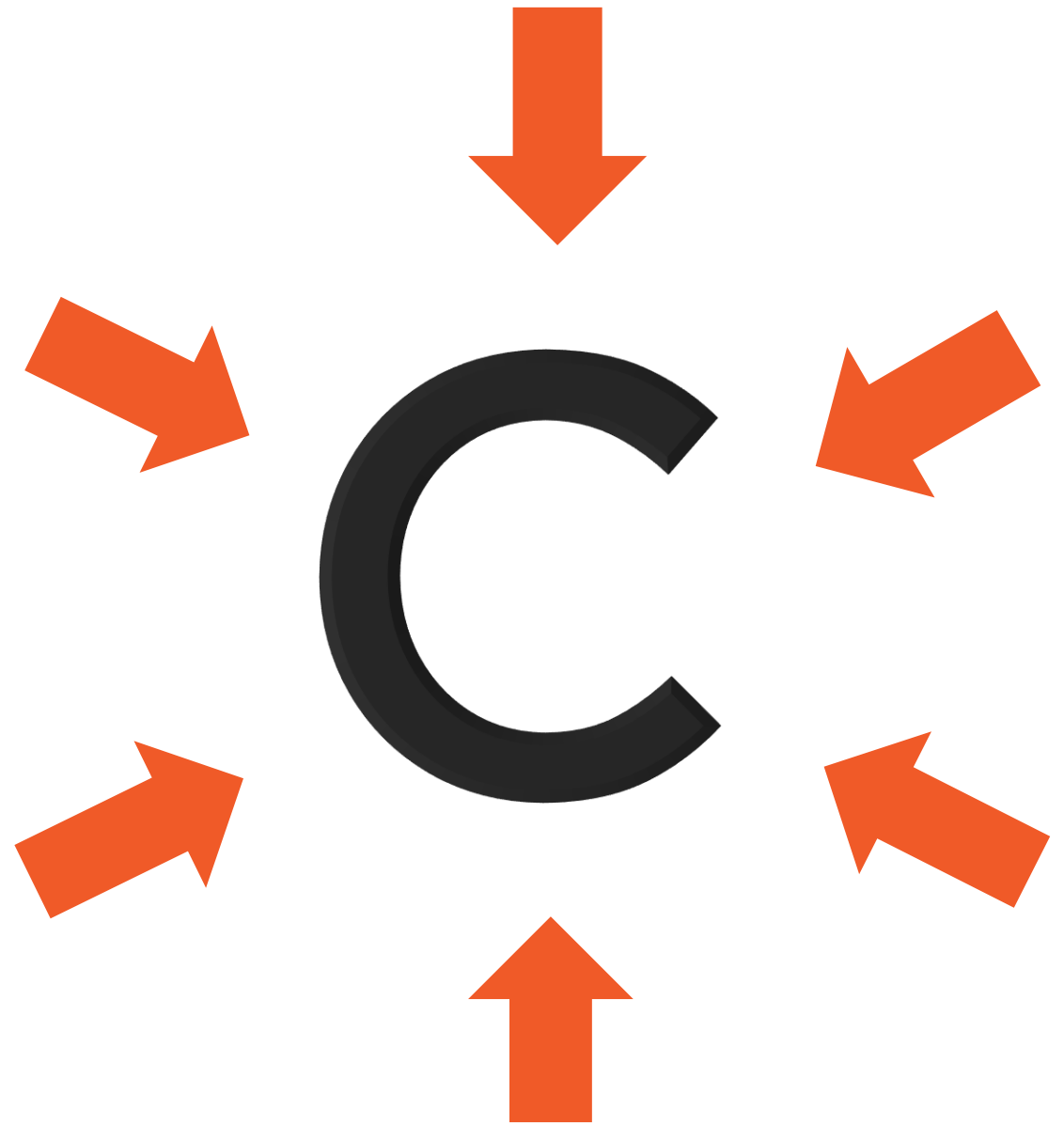
English C

Math A

Science A



**Do More!
Be Better!**



Pushing to do more in areas
of greatest opportunity vs.
celebrating the great work
that they do





Family

School

Work Environment

Media

Comparisons and insecurities pull us away
from being the best we can be.



Improve Personal and Career Success



Allow strengths to lead and they will point us to the quickest route for opportunities for growth and change.

Look at life with a new meaning and improved focus.

Have more confidence in our abilities to achieve.

