

Mastering Use of Personal Strengths

Thursday, February 4, 2021

12:00 - 1:30 PM ET

\$195/person

Quantity Discount Pricing Available

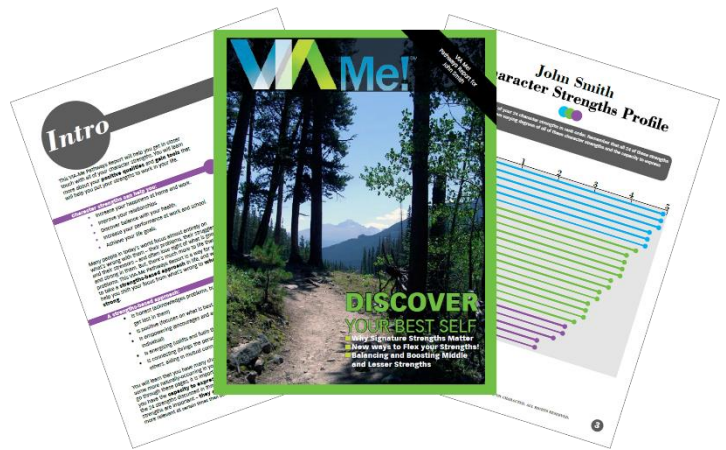
Transform Great Potential into Greater Performance and Happiness

When people identify and then use their personal character strengths at work, they are happier and more productive. This course uses a self-assessment report to capture and detail each participant's signature strengths.

Learning Outcomes

By the end of this course, participants will:

- Learn recent research showing how happiness at work enhances productivity
- Recognize their own personal strengths and those of others
- Learn how the use of strengths at work can buffer against, manage and help to overcome problems
- Use their strengths to also enhance personal health and well-being
- Gain specific tips and suggestions for using strengths at work regularly



Bonus Learning Resources Included with This Course

- [Assessment: VIA Me! Report](#)
- On-Demand eLearning Course: *Ways to Elevate Happiness at Work*
- Whitepaper: Employee Retention and the Pursuit of Happiness
- Radio Show: Optimism at Work
- Blog: 7 Tactics you can Use Now to be Happier at Work
- Daily Motivational Quotes