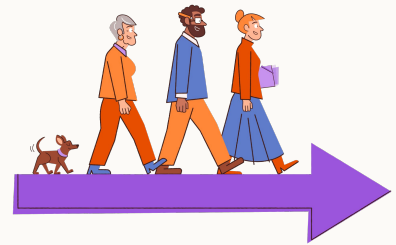


WORKSHOP AGENDA

Team Strengths

See what each person brings, and make the most of it.



Half day · In person or virtual · Intact teams

Most teams have more to offer than they currently know. This workshop helps each person uncover and articulate their genuine strengths, hear how others see them, and understand how the team's collective strengths can be put to better use. Participants leave knowing themselves better and knowing their team better.

WHAT YOU LEAVE WITH

- Recognise and articulate the strengths each person genuinely brings to the team.
- Discover how others see your strengths, and what you might be underusing.
- Specific opportunities to draw on each other's strengths in your day-to-day work.

WHO IT'S FOR

Intact teams who want a clearer picture of their collective strengths, and teams starting a wider high-performance or leadership programme, where the peer recognition builds the trust that deeper work depends on.

AT A GLANCE

The Case for Strengths	<i>Why a strengths focus drives performance.</i>	20 MIN
My Strengths	<i>Name your genuine strengths and how they show up.</i>	45 MIN
Team Strengths	<i>Peer recognition, backed by specific examples.</i>	30 MIN
Strengths Swap	<i>Bring the team's strengths to a real challenge.</i>	30 MIN
Strengths into Action	<i>Turn strengths insight into a practical plan.</i>	20 MIN

the session

01

The Case for Strengths

20 MIN

Why a strengths focus drives performance.

What strengths actually are, how they differ from skills, and why focusing on them leads to better performance, higher engagement, and more effective teamwork.

02

My Strengths

45 MIN

Name your genuine strengths and how they show up.

A guided individual reflection where each person identifies their genuine strengths, shares them with a partner, and articulates how those strengths show up in their work, and what impact it creates.

03

Team Strengths

30 MIN

Peer recognition, backed by specific examples.

A peer recognition exercise where participants take it in turns to nominate each other for strengths and traits that are valuable to the team, backed up with specific examples. Available in several formats to suit the team's comfort in sharing.

04

Strengths Swap

30 MIN

Bring the team's strengths to a real challenge.

A structured exercise where participants bring a current challenge to the group and colleagues suggest how their strengths might help to address it.

05

Strengths into Action

20 MIN

Turn strengths insight into a practical plan.

A closing exercise where the team captures the key insights from the day and creates a plan for how to use their strengths more effectively going forward.

Let's talk.

Bring Team Strengths to your team

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