



UNLOCK/IT – THE POWER OF STRENGTHS USE™

A Weekend of Discovery and Growth for The Youth

-  Friday 22 May – Sunday 24 May 2026 (grade 10 - 12)
-  Friday 29 May – Sunday 31 May 2026 (post-matric gap year, university students, graduate interns)
-  Arrival Friday 14:00, departure Sunday 11:00
-  Zwartkloof Adventures (13km west of Bela-Bela, Limpopo)

Parents are responsible for transport arrangements of participants without a valid drivers' license

ABOUT THE PROGRAM

HCBsolutions, in collaboration with Zwartkloof Adventures, provides an opportunity in nature for young people to **discover and unlock the power of their unique strengths** - at the age of adolescence when the most significant part of identity development occurs.

This program is about **developing self-awareness, self-confidence and self-leadership**, and **motivating and empowering** young people so they can thrive in all areas of their life (academically, socially and in their future career).

“EVERYONE is a leader, and it starts with self-awareness and self-leadership ... and leadership development starts at a young age.”

This growth zone program will provide lightbulb moments, memorable insights, meaningful discussions and engaging activities.

Participants will go home looking at themselves through a completely different lens, adding clarity to their quest to seek their own answers on what is important to them (e.g. study and career decisions, or dealing with frustration, anxiety, expectations, pressure, judgment, or 'imposter syndrome') – by discovering and exploring their own unique strengths.

Participants will complete the *StrengthsMultiplier*™ assessment before the event and need to bring the resulting Top 7 Strengths Report with them as they will use it throughout the program.

Strengths are your ways of 'doing' and 'being' that lift you and others to high energy and high performance (Thrivin). It is part of who you are (your authentic self) and holds the key to unlock your potential to be your best self – including how you learn, study, engage in relationships, make decisions and accomplish goals.

The *UnlockIt - the Power of Strengths Use*™ program and the *StrengthsMultiplier*™ are used under agreement from Thrivin, Inc. (USA) by HCBsolutions.

Objectives

We will ignite participants to discover their unique strengths and provide them with a proven pathway towards better relationships, results and well-being.

Participants will discover, experience and learn:

- How to more **confidently contribute**, and steer away from blaming or judging self, others or situations
- How to **prevent weakness** (strengths in over- or underuse) and frustrations from interfering with success and relationships
- How to **recover quickly** from triggers, frustration and setbacks
- **Strength strategies and power skills** to be in the Optimal Zone of high performance (results) and high energy (wellbeing) more of the time

INVESTMENT

R3,500 (incl. VAT) per participant.

Includes:

- *Zwartkloof Adventures* venue:
 - o 2 nights' accommodation
 - o Meals: Friday (supper), Saturday (breakfast, lunch, supper), Sunday (breakfast)
 - o Staff 24 hours on duty
 - o Game drive, activities
- *HCBsolutions* program delivery:
 - o *StrengthsMultiplier* assessment and Top 7 Strengths Report – this has to be completed before arrival, and participants have to bring a colour-printed copy of their PDF Top 7 Strengths Report with them
 - o Program facilitation (by *Liezel Pheiffer Blignaut*, *HCBsolutions*)
 - o Participant worksheet, and a self-coaching guide that will be emailed to participants after the program

ABOUT ZWARTKLOOF ADVENTURES

Zwartkloof Adventures is situated on a pristine 3,000-hectare game reserve adjacent to Zwartkloof Private Game Reserve, 13 kilometres west of Bela-Bela on the R516 towards Mabalingwe and Thabazimbi, in the beautiful Waterberg region of Limpopo.

As a premier venue for school camps, sport development, team building and personal growth, Zwartkloof Adventures offers the perfect setting for learning, fun and adventure.

Over the years, we have proudly hosted numerous youth groups, sport and leadership camps, as well as individual development programmes – all designed to inspire confidence, teamwork, and leadership skills.

Our facilities include comfortable, air-conditioned accommodation, gourmet meals, modern sport facilities, and access to our Predator Park (home to lions, tigers, leopards, wild dogs, hyenas, and more). Guests can also enjoy guided game drives across our scenic reserve.

Willie Bosman, who is involved as Manager of Marketing & Events, brings over 30 years of experience in education, including serving as a school principal. His deep passion for youth development and education is reflected in every programme we offer.

For more information: www.zwartkloofadventures.co.za

ABOUT HCBsolutions AND THE FACILITATOR

HCBsolutions (*Human Capital Business Solutions* (Pty) Ltd) was founded in 2001 and have supported numerous clients and organisations with valuable insights and impact solutions focused on development, improvement and growth of their organisation and people.

We utilise proprietary *People Acuity*™ development content under agreement from *Thrivin*, Inc. (USA) to empower people to unlock their full potential and thrive.

The purpose of our collaboration with *Zwartkloof Adventures* is to develop the next generation of workplace entrants, entrepreneurs and leaders.

Liezel Pheiffer Blignaut (the Founder and CEO of *HCBsolutions*) will facilitate the program.

Liezel has more than 30 years' experience in HR roles for listed organisations, organisational development consulting, program and workshop facilitation, leadership and career development coaching, and in-company mentoring of young workplace entrants. She has been interviewed on radio discussing topics of quiet quitting and career pivoting, and has been a recurring guest speaker on career management for HR and Industrial Psychology students at the University of Pretoria.

She is a non-executive Board member of *Empowervate Trust*, who runs the impactful *Youth Citizens Action Program* (YCAP) across schools in South Africa, since 2020. Liezel served on three School Advisory Committees in South Africa and Qatar, as faculty Advisory Board member at the University of Pretoria and Eduvos, and as chairman of a Board of Directors.

Her professional credentials include a Masters' degree in Commerce (specialising in the field of people management and organisational psychology), registration as a Master HR professional (MHRP) with the *South African Board of People Practices* (SABPP), and certification as a *People Acuity* Guide and *Thrivin* program facilitator.

She regards her most significant achievement in life as raising wonderful twin boys who are now university students.

For more information:

- *HCBsolutions*: <https://hcbolutions.com/>
- *Liezel Pheiffer Blignaut*: <https://hcbolutions.com/team/liezel-pheiffer-blignaut/>
- *StrengthsMultiplier*™: https://thrivin.agilixdawn.com/catalog/entry/c_8c5bfcad3318d3204e5a2c440f63de9b

“ I learnt so much, and was mind blown at times. *Taylor Montgomery*

“ I am awed. My eyes, mind and consciousness have been shifted. *Nontobeko Dlamini*

“ It transformed my way of looking at life. It assisted me to be aware of my strengths and how to use them to get to a place of high energy and performance. *Tholo Motaung*

REGISTRATION

Space is limited – register as soon as possible by completing the registration form and paying the deposit.

ENQUIRIES

Venue: *Zwartkloof Adventures* – Willie Bosman (Mobile: 083 676 1146. Email: willie@zwartkloof.co.za)

Program: *HCBsolutions* – Liezel Pheiffer Blignaut (Mobile: 076 216 1716. Email: contact@hcbolutions.com)

Discover your puzzle piece & purposeful contribution

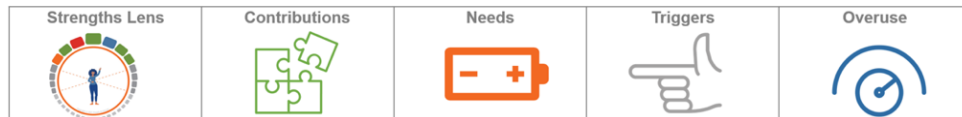


PROGRAM

PRIOR TO ARRIVAL

Participants need to plan for uninterrupted, focused and relaxed time (approximately 30 minutes) to complete the online **StrengthsMultiplier** assessment before the program commences (recommended a week before). An email will be sent 2 weeks before arrival.

Participants need to print their resulting **StrengthsMultiplier Top 7 Report** in colour and bring it with them.



FRIDAY

14:00	ARRIVAL	
14:00 – 15:00	Welcome, allocation of rooms, general orientation	
15:00 – 17:00	UNLOCK/IT: The Power of Strengths Use Part 1 – Shifting minds & what is important about what we will discover. Presentation and partner / group conversations. - How our strengths and Strengths Lens impact what we see, feel, and do. - The Optimal Zone (fulfilment) versus the Depletion Zone (frustration) - The four places (Interdependence and the Toxic Triangle of Independence, Dependence and Co-dependence) we often find ourselves in, and what results it lead to	HCBsolutions
17:00 – 18:00	Game drive to Predator Park	Zwartkloof Adventures
18:30	Supper	
20:00	Movie night (to match the theme) and night activity	Zwartkloof Adventures / HCBsolutions
23:00	Lights out	

SATURDAY

07:00 – 08:00	Breakfast	
08:00 – 10:00	UNLOCK/IT: The Power of Strengths Use Part 2 – Accelerating your energy and performance through the use of your Strengths (<i>StrengthsMultiplier</i> Report) & Strengths Strategies for Optimal Performance and Wellbeing. Presentation (with videos), handouts, self-reflection, partner and group exercises and conversations. - Your Strengths Lens (and how it influences your mindset and behaviour). - Your contributions (your positive task and relational impacts). - Your needs (the conditions to operate at your best) and how to take responsibility for them. Strengths Strategies: - Strategic Interdependence - Feed the Need - Intelligently influencing Others	HCBsolutions
10:00 – 10:15	Comfort break	

10:15 – 12:15	Continued, and - Tame your triggers (how your strengths get flipped into showing up as your biggest weakness) and what to do when it happens. - Dialling down overuse of your strengths (what your strengths look like when they are tripped into weaknesses) and how to use strengths to turn weaknesses into strengths. - Use your Strengths and Strengths Strategies to recover from frustration and be your best self, more of the time. - Accelerate your Growth. Strengths Strategies: - o <i>Creating your Conditions</i> - o <i>Leveraging Past Success Patterns</i> - o <i>ICU acknowledgement</i>	HCBsolutions
12:15 – 13:15	Lunch	
13:15 – 15:15	Continued, and Career phases and decisions Presentation, self-reflection, group and facilitator-led conversations. - The future world of work and careers - Guidance on career decisions	HCBsolutions
15:15 – 15:30	Comfort break	
15:30 – 18:00	Adventure activities	Zwartkloof Adventures
18:30	Supper	
20:00	Bushveld screen time: fireside conversations	Zwartkloof Adventures / HCBsolutions
23:00	Lights out	
SUNDAY		
07:00 – 08:00	Breakfast	
08:00 – 09:00	Closing circle and intentions for the future to accelerate your growth	HCBsolutions
10:00 – 11:00	DEPARTURE	