

Strengths Profile accreditation

Unlock strengths potential and performance in people

Strengths Profile (formerly R2 Strengths Profiler or Realise2) is an advanced strengths assessment and developmental tool recommended by leading experts.

Developed by Capp, Strengths Profile is built from a decade of theoretical and empirical research and has been taken by 250,000+ people. By measuring three dimensions of energy, performance and use, and differentiating strengths, weaknesses and learned behaviours, the tool gives a unique and comprehensive perspective on people's capabilities and growth potential.

Strengths Profile practitioner accreditation

Becoming a qualified practitioner equips you with the professional level knowledge, experience and expertise to understand, interpret and debrief this versatile assessment and development tool. You will learn how to facilitate positive, authentic, strengths-based conversations and integrate R2 into your practice. This will enable you to more powerfully help individuals realise their strengths to:

- enhance and reach peak performance
- improve goal attainment
- increase engagement and wellbeing
- develop self-awareness
- inform personal development and career choices
- build resilience, decrease stress and prevent burnout.

“Simply put, strengths energise people, enabling them to be at their best.”

ALEX LINLEY

Why strengths?

Everyone has strengths and the potential to develop them to be the best they can be. Research shows that knowing and growing our strengths helps us feel energised and engaged. We learn faster, perform better and strive to do our best every day. Realising strengths and the energy that fuels them is a natural route to enhancing valued business outcomes. A Corporate Leadership Council survey 19,000+ employees demonstrated that emphasising strengths resulted in significantly higher performance than focusing on weaknesses.

STRENGTHS - PROFILE

Tangible outcomes

- Learn how to unlock strengths potential and energy in individuals to deliver high performance.
- Facilitate powerful growth conversations to enable people to develop their strengths to become the best they can be.
- Gain practical strategies and a thorough understanding of strengths theory, coaching, assessment and development.

What participants say:

“What a great, energising and safe environment to learn and explore Strengths Profile. I recommend it to anyone looking for a strengths approach to leadership and employee development.”

NICOLE KONDOGIANNIS, GM ORGANISATIONAL DEVELOPMENT,
DOUTTA GALLA COMMUNITY HEALTH

“I would thoroughly recommend this course as essential professional development for those planning to use the tool in coaching. It enhanced the knowledge and skills I developed as a student with the Coaching Psychology unit by adding a deep understanding of the assessment and how to use it more effectively to serve my clients.”

KEVIN SINCLAIR, MAPPSC (PSYCHOLOGY OF COACHING)
UNIVERSITY OF SYDNEY

“An instrument that gives people a positive view of themselves and their strengths without pigeon-holing them.”

LEONIE HICKS, MBC (BUSINESS COACHING) 2013,
UNIVERSITY OF WOLLONGONG

Expert facilitator

Master Trainer Sue Langley is the only person in Australia qualified by Capp to deliver accreditation programs for Strengths Profile across Asia-Pacific.

Sue Langley is a speaker, master trainer and leading advisor on the practical applications of emotional intelligence, positive psychology and neuroscience. A dynamic and inspiring facilitator, Sue's gift is synthesising science into simple, practical tools anyone can use. CEO of the Langley Group, she has a Master in Neuroscience of Leadership, BA in Psychology and has studied positive psychology at Harvard.

A study published in the International Coaching Psychology Review found that a structured debrief conversation with a qualified practitioner enabled people to better understand their strengths, develop insight and confidence, and take positive action to achieve their goals.

ROCHE & HEFFERON 2013

Course outline

In this intensive two-day training program you will gain deep insight into the Strengths Profile model, with its differentiated development advice for strengths, weaknesses and learned behaviours.

Intensive small group practice and mentoring (1 coach per 4 participants) will help you confidently and successfully integrate SP into your practice and coaching style.

Day 1: Understand strengths and apply Strengths Profile

Discover the theory and science behind strengths and Strengths Profile. Apply tools in strengths conversations.

Day 2: Strengths Profile interpretation and practice

Gain critical knowledge to interpret all 60 strengths, advise and coach people during structured debriefing sessions.

Individual support

Before the workshop you will experience your own strengths assessment and debrief from a highly experienced practitioner. You will also receive hands-on mentoring to ensure your competence.

Continuing education



Accredited by the International Coach Federation for 18.5 CCEUs (9.5 Core Competencies, 9 Resource Development) toward ongoing professional development for ICF ACC-level coaches and higher.



Great value

For just \$1,950 + GST each participant receives:

- 2-day face-to-face training program
- Personal SP Expert Profile, debrief and action planning session (valued at \$495)
- Codes for you to assess and debrief two people
- Post-program mentoring and follow-up
- The Strengths Book and Strengths Coaching Cards
- Training manual, lunches and refreshments
- Online practitioner resources

Who should attend?



Coaches, trainers, consultants and psychologists
HR and L&D professionals
Recruitment specialists
Business and team leaders
Anyone looking to increase their professional capacity to develop strengths in others

REALISED STRENGTHS Strengths you use and enjoy Perform well Energising Higher use Use wisely	UNREALISED STRENGTHS Strengths you don't use as often Perform well Energising Lower use Use more
LEARNED BEHAVIOURS Things you've learned to do but may not enjoy Perform well De-energising Variable use Use when needed	WEAKNESSES Things you find hard and don't enjoy Perform poorly De-energising Variable use Use less

Upcoming courses

Visit our website for dates and locations.

Places limited to 12 people.

Ask us about in-house programs and advice to help you build strengths-based organisations and teams. Online self-accreditation and team profile training also available.

Register now

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w: www.emotionalintelligenceworldwide.com

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