

Strengths Profile

Self-Accreditation Overview

Module	Title	Timings (Mins)	Assignment	Timings (Mins)
1. Introducing Strengths	Video 1 - Introducing the Programme, Capp, and Strengths	6	1. Learn the SP Definitions	30
	Video 2 - The Benefits and Applications of Strengths	7	2. Complete the Strengths names in the SP Knowledge Check	15
2. Getting to know Strengths Profile	Video 3 - Background and Profiles	13	1. Complete 'What's the Difference?' in your workbook 2. Understand the impact of your Strengths Families	30 30
	Video 4 - Validity and Comparison	12		
	Video 5 - Strengths Stats: Cultural Differences	14		
3. Coaching with the SP Model of Development	Video 6 - Using your Realised Strengths Wisely	7	1. Complete the questions in relation to a goal of your own	30
	Video 7 - Using your Learned Behaviours as Needed	11		
	Video 8 - Using your Weaknesses Less	8		
	Video 9 - Using your Unrealised Strengths More	10		
	Video 10 - Strengths Families and Expert Profiles	12		
4. Best Practice	Video 11 - Setting up your Debrief	10	1. Read the Best Practice Guide in your workbook 2. Ensure your volunteers complete SP	30
	Video 12 - Different Profiles	23		
5. Understanding how Strengths Work Dynamically	Video 13 - Understanding How Strengths Work Dynamically	24	1. Review the SP Quadrant and answer the questions - check your own hypothesis 2. Prepare for your debriefs	40 60
6. Debrief Demonstration	Video 14 - Strengths Profile Debrief	70	1. Conduct a full SP debrief with your first volunteer - note your reflections 2. Watch the debrief demonstration with Chris	60 60
7. SP Model of Development	Video 15 - Demonstration of using the SP Model of Development to achieve a goal	60	1. Coach your second volunteer to reach a goal	60
8. Live Accreditation	Live session - Perform a live SP debrief with partner, assessed by a Capp Coach	120	1. Complete your learning reflections of the 3 SP debriefs	30
Total Learning Time		6 hrs 47 mins	Total Assignment Time	7 hrs 45 mins