



## Taking strengths-based coaching conversations online

**Date:**

Jul 30, 2020 14:00 - 15:30

**Description:**

This practical and interactive online session will introduce how you can use strengths and positive psychology to enhance the wellbeing and performance of your clients. Using the new online version of the At My Best® strengths cards, we will try out some simple activities that you can quickly and easily incorporate into your coaching practice, whether you're working with clients online or face-to-face.

**Content:**

What we will cover

- An introduction to positive psychology and strengths
- Exercises to build self-awareness of strengths
- How to spot strengths in others and give strengths-based feedback
- Other ways to use strengths cards when coaching remotely

**TRAINING DETAILS**

**Course Ref:**  
CP/20/552

**Closing Date:**  
28/07/2020

**Related Courses:**

- [Using multiple intelligences to tap into new thinking](#)
- [Forward to Normal: resetting team culture for a richer future](#)
- [Resilience Webinars](#)
- [Sharing Circle](#)

Members Organisations  
£25

Non-Member Organisations  
£35

(all prices are subject to VAT)

**Course Director / Tutor:**  
Martin Galpin and Michele Deeks, Work Positive

