

# Super Strengths

**Monday 25th June 2018**

**09:30 - 16:00**

**Hopwood Hall College, Rochdale Campus**

**Trainer:** Dr Mike Rotheram (Performance Mind)

**Audience:** All Leaders

This 1-day course will help you to recognise where your strengths lie and what you can do to grow the strengths of those around you. Schools are sometimes guilty of focussing too much energy on the things that are not going so well. In contrast, the best organisations recognise that in order to create sustained high performance, they need to focus a greater proportion of their energy on their strengths.

Our experience from the world of elite sport has helped us to realise that there is another level of strengths that we call super-strengths. Super-strengths are defined as a strategy for performance, utilising a potential world's-best resource to gain a competitive edge. Our strengths based profiler helps people to identify where those strengths lie. We do this by combining our natural resources with insights from the world of personality to create a profile that is unique to you. By growing our strengths and those around you, people will feel more confident, lead more purposefully, and help those around them feel more engaged. It is about valuing people for what they want to be valued for. Once you have worked through the process on yourself, you will then be able to apply this with the people that you lead. We will look at how you can exploit a strengths based approach into your day-to-day environment, harnessing super-strengths, minimising unacceptable weaknesses and creating the rules of engagement so that this approach sticks and becomes part of the fabric of what you do. This approach will be unlike anything you have ever done before and if done well will create sustained high level performance.

