

MIDAS[®]

Strengths Based Development

1-Day Program



This DOOR training program is designed to shape one's Individual Strengths mindset. It is a development approach of human potential using the roots of positive psychology. It is based on the principles of genuineness, gratitude, grit, governance and growth. MIDAS stands for Maximize 'I' through Discovery & Application of Strengths. This DOOR course helps professionals to learn and imbibe mindsets, skills and an acute awareness to develop self as a true strengths' champions.

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Strengths Based Development



Topics

- + Understand Strengths Philosophy
- + Discover & Realize Strengths
- + Apply Strengths
- + Maximize on Strengths

Training Objectives

At the end of this training you will be able to:

- 1 Become more aware of your Strengths, blind spots and areas of opportunity
- 2 Understand the Strengths-based development approach.
- 3 Discover and realize one's own Strengths to enhance work performance.
- 4 Apply and maximize one's own Strengths to be effective in current role.

Duration

1 Day

SUCCESS IS ACHIEVED BY DEVELOPING OUR **#STRENGTHS**, NOT BY ELIMINATING WEAKNESSES.

Program Schedule

DAY ONE

Understand Strengths Philosophy

- + Theory of Positive Psychology
- + Conventional Vs. Strengths based development approach
- + Myths about Strengths

Discover and Realize Strengths

- + CliftonStrengths® assessment tool
- + Formula for Strengths and 4 domains of Strengths
- + Understand Individual StrengthsFinder report – Top 5 theme

Apply Strengths

- + Appreciate the prevalence and impact of individual's strengths in one's day to day life
- + Understand the power & edge of individuals strengths
- + Manage vulnerabilities by focusing on strengths

Maximize on Strengths

- + Understand the current and future role opportunities & challenges
- + Invest in individual strengths to manage around current and future role opportunities and challenges
- + Create a personalized action plan to be "best" in one's current & future role

More information

If you would like to discuss any one of our programs please contact us.

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