

# Unlock the power of strengths in your team

Are you ready to join the 36+ million people using their **strengths to thrive**?

Tap into coaching to get the best of your team: [nicole@nicoleweber.com.au](mailto:nicole@nicoleweber.com.au)



## What are Strengths?

and how can we apply them?

Our strengths are our natural patterns of thinking and doing.

It takes practice to use our strengths to their full potential.

When we use them intentionally and skilfully they can become our personal superpowers!

**Research shows that people are more likely to skilfully and regularly use their strengths when they...**



Can name their top 5 strengths



Have strengths conversations with their leaders



Feel psychologically safe in their team



Know their colleagues' strengths



Work where strengths are valued



Use strengths to manage potential weaknesses

## The bottom-line benefits of strengths focused workplaces

Workers who had the opportunity to know their strengths and use them each day reported:



**Higher engagement**  
7x more likely to feel very engaged in their work



**Better performance**  
3x more likely to perform very well in their work



**More job satisfaction**  
7x more likely to be very satisfied in their job



**Lower turnover**  
5x less likely to leave



nicole weber