Goskills

Leveraging Your Strengths

GoSkills online course syllabus

Skill level
Beginner

Lessons
20

Pre-requisites
No prior experience needed

Video duration
1h 10m

Estimated study time
1h 10m

Instructor
Halelly Azulay

Introduction

1 Work from your strengths

Understanding Strengths

2 Components of a strength

Some people misunderstand what strengths are. After this lesson you'll be able to identify the main components that comprise your strengths.

3 Articulating your strengths

Everyone has a strong spot. After this lesson you'll be able to articulate the value of your strengths to you, your team, and your organization.

Identifying Your Strengths

4 Five strengths clues

Although there are assessments that can help you learn your top strengths, there are plenty of clues right in front of you.

5 Using strengths assessments

Assessments are a great tool for identifying your strengths in a more comprehensive way.

6 Getting input

Getting input from people who know you well can offer you plenty of insights.

Creating Opportunities to Use Your Strengths

7 Analyze your strengths

You may think you can assume what your strengths are, but you may be wrong.

8 Assess your environment

Does your workday environment and role give you the chance to be you?

9 Talk about it

Your strengths should not be a secret. After this lesson you'll be able to talk about your strengths with your manager, your staff, and your peers.

10 Developing your strengths

To achieve any goal, you must create an action plan -- the same goes for maximizing your strengths.

11 Assess your progress

Regularly checking your progress can help your plan stick. After this lesson you'll be able to make sure that your plan has a chance to work for you.

Strengths Blind Spots

12 Neutralizing your weaknesses

With all the focus on strengths, what about your non-strengths, or weaknesses – what should you do about them?

13 Strengths and liabilities

Is there such a thing as too much of a good thing?

Four Shifts to Maximize Your Strengths

14 Change your approach

Sometimes, your challenge might be your own approach to using your strengths.

15 Change your perspective

In some cases, your perspective may be leading you astray. After this lesson, you'll be able to shift your perspective to shift your experience.

16 Change your role

It might be that your current role is in your way of maximizing your strengths.

17 Change your environment

If you've done all you can to change yourself, your perspective, or your role within the organization, and it's still not working, you can always change your environment and take a different job.

Applying Your Strengths

18 Approaching management

Talking with your manager about your strengths might be a conversation you've never tried, or perhaps one that didn't go as well as planned in the past.

19 Team strengths for leaders

If you're a leader, you have a great opportunity to help others maximize their strengths at work and leverage their strengths for better individual and team performance.

Conclusion

20 Start playing to your strengths

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