

HERO. HIGHLIGHT.

HARDSHIP.

WITH THIS EXERCISE EACH PERSON TALKS ABOUT ONE OF THEIR HEROES AND WHY THEY ARE THEIR HERO. THEN THEY SHARE A POSITIVE HIGHLIGHT AS WELL AS A HARDSHIP FROM THEIR PAST. YOU LEARN A LOT ABOUT YOUR TEAM MEMBERS WHEN YOU KNOW THEIR HEROES, THEIR PAST HIGHLIGHTS AND CHALLENGING MOMENTS.

NOTE: FOR THIS TO WORK IT MUST BE UNDERSTOOD THAT WHAT IS SAID IN THE ROOM, STAYS IN THE ROOM. YOU MUST CREATE A SAFE PLACE (ONE LEADER I WORKED WITH CALLED THE MEETING ROOM “THE SAFE PLACE” WHERE PEOPLE FEEL COMFORTABLE BEING HONEST AND VULNERABLE.



ACTIVITIES

BELOW IS A LIST OF ACTIVITIES AND EXPERIENCES THAT WE USE WITH OUR CLIENTS. THESE WORKSHEETS HAVE BEEN USED WITH ELITE ATHLETES, ENTREPRENEURS, SALES PEOPLE AND MORE.

USE THE MODEL AS YOUR GUIDE TO "EMERGING INTO YOUR ADVENTURE" WHEN IT COMES TO FOCUSING ON YOUR GOALS.

 STRONG SKILLS
WWW.STRONGSKILLS.CO

 @BRIANLEVENSON

STRONG SKILLS


STRONG SKILLS MODEL



STRONG SKILLS

THE STRONG SKILLS MODEL FOCUSES ON 12 COMPETENCIES FOR HUMAN DEVELOPMENT. OUR MODEL LEVERAGES TRAINING AND COACHING TO PROVIDE OPPORTUNITIES TO LEARN SKILLS AND DEVELOP EACH INDIVIDUAL TO BE THEIR BEST SELF. OUR CLIENTS GET THE POWER OF A GROUP LEARNING EXPERIENCE WITH THE INTIMACY OF A ONE-ON-ONE COACHING EXPERIENCE. THE STRONG SKILLS MODEL IS INNOVATIVE AS IT FOCUSES ON TANGIBLE TAKE-AWAYS TO MAKE THE INTANGIBLE, TANGIBLE.

WE BEGIN WITH SELF-AWARENESS AND END WITH LEADERSHIP. THE MODEL IS BASED ON AN INTENTIONAL FLOW THAT HAS BEEN DESIGNED WITH THE BEST THEORIES AND RESEARCH IN MIND. WE TAKE OUR CLIENTS THROUGH A PROCESS THAT IS DESIGNED TO UNLOCK THEIR POTENTIAL SO THAT THEY CAN GROW THEMSELVES AND IN-TURN GROW THEIR ORGANIZATIONS.

 @BRIANLEVENSON | BRIAN@STRONGSKILLS.CO

DOWNLOAD OUR FREE ACTIVITIES WORKBOOK!

ACCESS OUR LIST OF ACTIVITIES, FRAMEWORKS AND EXPERIENCES THAT WE USE WITH CLIENTS. THESE WORKSHEETS HAVE BEEN USED WITH ELITE ATHLETES, ENTREPRENEURS, SALES PEOPLE AND MORE.

DOWNLOAD NOW