



BUILDING ON STRENGTHS

Objectives

- Understand the strengths and weaknesses of your personality preferences
- Explore the development potential of the less conscious aspects of your personality
- Create an action plan to build on your natural qualities

Overview

The starting point for building on your strengths is to know yourself. This involves knowing and acknowledging your strengths and weaknesses, then understanding how they are inextricably linked. It is the foundation of powerful and permanent personal development.

Carl Jung used the expression 'the shadow' to describe the un-owned side of your personality — the aspect we fail to bring fully to responsible awareness. This program will help you explore your shadow and create action plans to both develop your strengths and address your weaknesses.

"Know yourself. Don't accept your dog's admiration as conclusive evidence that you are wonderful."

Ann Landers