

Strengths-First Coaching

Follow these steps to implement strengths-first coaching.

1. Identify a strengths-based activity for school staff to engage in. Options include Gallup CliftonStrengths, personal SWOT analysis, or Strengths-based Resilience signature strengths questionnaire.
2. Unpack the results using reflective questions in a staff meeting.
 - + *Unpacking strengths*—Where do you naturally exercise your strengths?
 - + *Discovering potential barriers*—Where do you struggle to implement your strengths?
 - + *Aligning strengths to opportunities*—Based on our shared vision, where could you align your strengths?