



Strengths Profile

Online Accreditation Overview

Strengths Profile Online Accreditation

We look forward to welcoming you on your strengths journey and our Online Accreditation Programme!

The accreditation is comprised of 8 modules. Modules 1-7 are pre-recorded videos and module 8 is a live session that completes your accreditation. You have up to 4 months to complete all the modules and book your live session. Each module is followed by assignments to embed your learning. You will also be required to undertake pre-work in order to be fully prepared, so let's get started!

Your Materials

- A pdf of the workbook which you will need to print out and have with you during videos
- 3 Expert Strengths Profiles to be used during the Programme
- A certificate and a pack of Strengths Profile coaching cards upon completion

Before you begin

- 1.** Complete your own Expert Strengths Profile - You will find instructions to complete Strengths Profile for yourself in the platform. These instructions should also be forwarded on to your volunteers for them to complete, who's uses are included in your code.
- 2.** Read your Profile - Whilst you may not be able to fully interpret what the results mean for you, it is essential for you to thoroughly read through your results.
- 3.** Organise your volunteers to complete Strengths Profile - You will practice coaching in two separate assignments after Module 6 and Module 7. Pass the completion instructions on to your volunteers. Ask them to forward you their Profiles for preparation.

Accreditation (Module 8)

You will be required to complete a live Strengths Profile debrief with another student practitioner as your final module under the supervision of a Capp coach. Capp run these modules on the last Thursday of every month at 09:00 and 15:30 (UK time). Please book at accreditations@strengthsprofile.com as soon as possible in order to complete your accreditation and be assigned a partner.

If you are completing the accreditation with Emotional Intelligence Worldwide, please contact accreditations@langleysgroup.com.au directly to arrange your live debrief and ask any questions.

Note down any further questions you have during the modules to ask your facilitator during the live session.

We look forward to welcoming you to Strengths Profile

The Strengths Profile Team

Strengths Profile Online Accreditation Overview

Module	Title	Timings (Mins)	Assignment	Timings (Mins)
1. Introducing Strengths	Video 01 - Introducing the Programme, Capp, and Strengths	6	1. Learn the SP Definitions	30
	Video 02 - The Benefits and Applications of Strengths	7	2. Complete the Strengths names in the SP Knowledge Check	15
2. Getting to know Strengths Profile	Video 03 - Background and Profiles	13	1. Complete 'What's the Difference?' in your workbook	30
	Video 04 - Validity and Comparison	12	2. Understand the impact of your Strengths Families	30
	Video 05 - Strengths Stats: Cultural Differences	14		
3. Coaching with the SP Model of Development	Video 06 - Using your Realised Strengths Wisely	7	1. Complete the questions in relation to a goal of your own	30
	Video 07 - Using your Learned Behaviours as Needed	11		
	Video 08 - Using your Weaknesses Less	8		
	Video 09 - Using your Unrealised Strengths More	10		
	Video 10 - Strengths Families and Expert Profiles	12		
4. Best Practice	Video 11 - Setting up your Debrief	10	1. Read the Best Practice Guide in your workbook	30
	Video 12 - Different Profiles	23	2. Ensure your volunteers complete SP	
5. Understanding how Strengths Work Dynamically	Video 13 - Understanding How Strengths Work Dynamically	24	1. Review the SP Quadrant and answer the questions - check your own hypothesis	40
			2. Prepare for your debriefs	60
6. Debrief Demonstration	Video 14 - Strengths Profile Debrief	70	1. Conduct a full SP debrief with your first volunteer - note your reflections	60
			2. Watch the debrief demonstration with Chris	60
7. SP Model of Development	Video 15 - Demonstration of using the SP Model of Development to achieve a goal	60	1. Coach your second volunteer to reach a goal	60
8. Live Accreditation	Live session - Perform a live SP debrief with partner, assessed by a Capp Coach	120	1. Complete your learning reflections of the 3 SP debriefs	30
Total Learning Time		6 hrs 47 mins	Total Assignment Time	7 hrs 45 mins

Strengths Profile Online Accreditation Assignments

Module 1: Introducing Strengths	<ol style="list-style-type: none"> 1. Familiarise yourself with the Strengths Definitions at the back of the Profiles. 2. Follow this up by completing the Knowledge Check, writing down the strengths names alongside the icon and description given (no cheating – hide the Definitions!)
Module 2: Getting to Know Strengths Profile	<ol style="list-style-type: none"> 1. Complete your view on the differences between the strengths listed in the ‘What’s the Difference?’ exercise in Module 2 of your workbook. 2. Use the coaching questions to coach yourself. Understand your own Strengths Families and the impact they have on you .
Module 3: Coaching with the Strengths Profile Model of Development	<ol style="list-style-type: none"> 3. Look at your own Profile and complete the questions in relation to a goal of your own.
Module 4: Best Practice	<ol style="list-style-type: none"> 1. Read through the best practice guide in Module 4 of your workbook. 2. Get your coaching volunteers ready for Module 6 and 7 assignments by forwarding on the instructions to complete SP and asking them to send you a copy of their Profile.
Module 5: Understanding How Strengths Work Dynamically	<ol style="list-style-type: none"> 1. Consider the questions in Module 5 of your workbook and relate them to the example Profile. Remember you are only hypothesising, i.e. using the data to come up with some observations and questions you may want to reflect back to your coachee. Once you have completed, look at the hypothesis download (don’t cheat and do this first!) to mark your own work. 2. Review the Profiles of your volunteers for Module 6 and 7 assignments. Ask your volunteers to consider in advance a goal they need to complete. Put together a list of questions for the debriefs.
Module 6: Debrief Demonstration	<ol style="list-style-type: none"> 1. With your first volunteer spend 60 minutes conducting a full debrief. Note down your reflections of what went well and what you felt was challenging. 2. Watch the debrief demonstration with Chris.
Module 7: Strengths Profile Model of Development	<ol style="list-style-type: none"> 1. Coach your second volunteer to reach a goal using their Profile and note down your reflections.
Module 8: Strengths Profile Live Accreditation Debriefs	<ol style="list-style-type: none"> 1. Complete your learning reflection questions for the 3 Strengths Profile debriefs in the word document provided. Email this to accreditations@strengthsprofile.com or for Emotional Intelligence Worldwide accreditations@langleygroup.com.au