



Live, work and lead for success



FICS Learning Capsules are practical sessions that give you what you need to get great jobs, keep great jobs and lead and grow in the workplace. We've been doing this in Canada and internationally for a long time, and we know what works when it comes to work. Now we want to share it with you! There are six capsules in total. Sign up for as many or as few as you like, depending what you're looking for.

Learning Capsule 2: Know your Strengths

Learn your strengths and celebrate the value you bring. Tap into those strengths to help you communicate and work more effectively. This capsule is about finding your niche and maximizing your potential in the workplace.

Session 1: During the first session of Capsule 2, participants will identify their strengths and what knowing one's strengths means to succeeding in the workplace. They will participate in a short survey to determine key strengths and analyze how those strengths contribute to workplace effectiveness.

Outcome: Understand your value and what you bring to the workplace

Session 2: During the second session, participants will learn what it takes to apply their strengths at work. They will consider how to sell their strengths and how to spot the opportunities to work with their strengths among current and future work prospects.

Outcome: Apply your strengths at work

Session 3: During the third session, participants will consider opportunities to pursue that will use their strengths effectively in the workplace, at home and in the community. They will also consider other opportunities to pursue that will help them live out their dreams.

Outcome: Create opportunities to use your strengths

Resources and References:

- Rath, Tom, Strengths Finder 2.0
- Boothman, Nicholas, Convince them in 90 Seconds
- Rath, Tom and Barry Conchie, Strengths Based Leadership

Facilitators: Kathrina Loeffler and Christian Vulpe are professional educators and certified professional facilitators. They are both dynamic speakers and hold Ontario Teaching Certificates, Master of Education degrees and training in adult education from St. Francis Xavier University. They have been delivering quality education programs that engage participants and strengthen the skills of people to succeed in the workplace since 2011.

When: Tuesday evenings 6:00 – 8:00 PM

Where: Downtown Toronto

How long: 3 weeks

How much: \$199.00