

Strengths in Supervision

Leadership Training

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Definition:

- ◆ What is the definition of strengths?
 - Do you to play to your strengths?
 - Do you allow your staff to play to your strengths?



– Let's explore this!!!

Trombone Player Part 1

◆ So, what's stopping you?

– http://www.youtube.com/watch?v=4GGB_d8FZig

– Thoughts?

◆ Share things that intrigue you.

◆ What jazzes you?

◆ Do you get to do it most of your day?

How can you make it happen so you can be 2 of the 10?



Trombone Player (con't)

– “You grow the most where you know the most”

- ◆ How have you experienced this yourself?

- ◆ Have you given your staff this opportunity in the work place?

- ◆ Can you?



Trombone Player part 2

◆ Do you know your strengths?

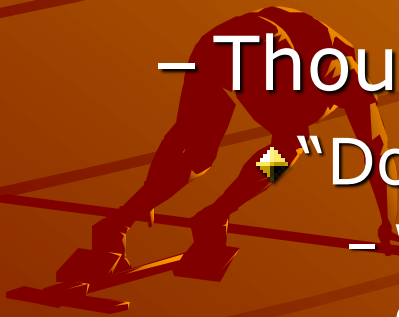
– <http://www.youtube.com/watch?v=Nfkc-yj4yq4>

– Thoughts?

◆ “Do you like dealing with people?”

– What is that?

– Get detailed and specific



Trombone Player part 2 (con't)

- ◆ Give examples: What activities did you look forward to doing last week?
- ◆ Where are you “naturally inquisitive” where time just zipped by?
- ◆ Where do you feel there is a “restorative quality” where you are fulfilled and not drained but feel magnificent?

Trombone Player part 2 (con't)

- ◆ Name an activity that you are not good at, but it makes you “feel strong”
- ◆ Name something that you’re good at but feel depleted after.



◆ THE ONLY PERSON THAT CAN
DEFINE YOUR STRENGTH IS YOU!

Time to ID some strengths!

- ◆ Take the next 5 – 10 minutes to complete the “Exploring Strengths” worksheet.

- ◆ Share some examples – maybe a new way of thinking?



Next step – be a supervisor or strong co-worker!

- ◆ So, you've learned you have NO idea what your staff or co-workers strengths are, unless they've told you – now what?
- ◆ Learn about team personalities (free tools that are fairly accurate or invest on someone to educate you staff!)



Good Luck!

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