



BASELINE ASSESSMENT:

Experts Strengths Profile
+ 1 Hour Personalised Debrief Session

COST: \$300

In addition to a descriptive report, during a 1-hour debriefing session with your coach, you can personalise your results further and build on goals with your strengths in mind.

All rates are exclusive of GST.



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COACHING WITH IYARI

Research tells us that when we use our strengths, we're happier, engaged, and more likely to achieve our goals.

Knowing your strengths also helps you to focus on the tasks you do well and enjoy, and the benefits are backed by research.

It not only benefits you, but the people, teams and organisations you work with.

STRENGTHS BASED COACHING

Tapping into your strengths by developing self-awareness, improving goal attainment, increasing engagement and wellbeing, enhancing and reaching peak performance

EXPECT POSITIVE OUTCOMES

- A deep understanding of your true uniqueness and work on developing strengths that match your goals
- Understand what drives you and build better relationships from the knowledge
- Make better life and career decisions through deeper confidence and clarity
- Gain resources to influence positive outcomes

WHAT YOU'LL RECEIVE

With the Expert Profile, you'll receive a descriptive report, uncovering a wider breadth of strengths for deeper self-reflection, to encourage positive change and growth within your personal and working life.

- Receive a downloadable report that reveals all 60 strengths across the 4 quadrants of realised and unrealised strengths, learned behaviours and weaknesses, and
- All your strengths across the 5 Strengths Families of Being, Communicating, Motivating, Relating, and Thinking.

STRENGTHS · PROFILE

REALISED STRENGTHS		
Strengths you use and enjoy		
Perform well	Energising	Higher use
Use wisely		
UNREALISED STRENGTHS		
Strengths you don't use as often		
Perform well	Energising	Lower use
Use more		
LEARNED BEHAVIOURS		
Things you've learned to do but may not enjoy		
Perform well	De-energising	Variable use
Use when needed		
WEAKNESSES		
Things you find hard and don't enjoy		
Perform poorly	De-energising	Variable use
Use less		



STRENGTHS BASED COACHING

