



**StrengthsQuest**<sup>TM</sup>  
THE GALLUP ORGANIZATION

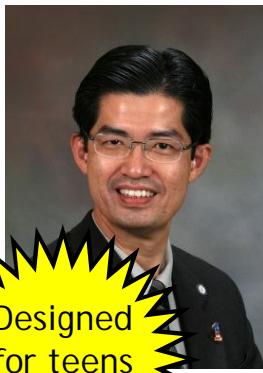
**Join your teenager** on a quest to discover his/her unique strengths for a significant life calling (in addition to a successful career, as well).

# **StrengthsQuest Coaching**

*Helping Teenagers discover their Career and Life Goals through Partnering with Parents.*

As a growing teenager, don't you wish that ....

- ✖ You know what are your unique strengths?
- ✖ You can identify clearly your career interest?
- ✖ You don't have to rely on other's expectations?
- ✖ You receive guidance to design your life goals?
- ✖ You know how to manage your weaknesses?
- ✖ You are not defined by just your grades?
- ✖ You can manage your parent's expectations?
- ✖ You can be confident with your future?



Designed  
for teens  
age 15-19

**Joseph Tan** is the principal consultant of Good Monday Consulting, a training and consulting company focusing on the development of character and the discovery of strengths for corporate executives, teachers and parents. Based on the *Clifton StrengthsFinder* assessment, parents now have an objective way of determining how their teenager is wired in terms of his or her natural talents and then making wise decisions to build on it by adding the right set of skills and knowledge. In this unique workshop, each teenager *must* be present with at least one parent/guardian because we believe that the discovery of one's strengths require the guidance of a capable strengths coach. This workshop is only the first step in your teenager's *Strengths Quest* to discovering a life of purpose, passion and power by focusing on his/her strengths, not weaknesses.

## The Quest for Academic, Career & Personal Success

### 1. DISCOVER YOUR STRENGTHS-MOTIVATOR

A *strengths motivator* is the viewpoint from which a person sees life, analyzes problems, negotiate issues, make decisions, and interacts with others. Discover which of the seven *strengths motivator* apply to you – perceiver, customizer, teacher, encourager, organizer, mediator or provider.

**Understand what motivates you to excellence.**

### 2. AFFIRM YOUR UNIQUE STRENGTHS-POTENTIAL

Top achievers fully recognize their talents and build upon them to develop strengths. The *Clifton StrengthsFinder* has helped more than eight million people affirm their talent themes and then leverage upon them for personal and professional success.

**Focus on strengths while managing weaknesses.**

### 3. DEVELOP YOUR CHARACTER QUALITIES

Employers today are concerned not with the lack of academic qualifications but the lack of good character in the workplace. The coveted degree may get you the job of your dreams but your subsequent promotion and success depends on the demonstration of excellent character.

**Build your foundation of success on character.**

### 4. CONNECT WITH YOUR STRENGTHS-COACH

The fastest way to achieve excellence is to be coached by someone who truly believes in you – your parents. Hence, it is mandatory for you to come for this workshop with at least one of your parent/guardian. You need a *strengths coach*.

**Multiply your strengths through caring guidance.**

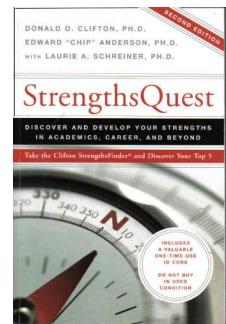
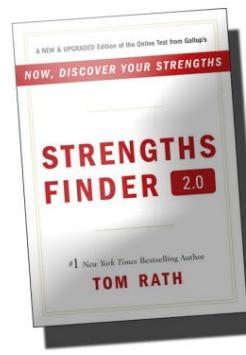
# StrengthsQuest Coaching

## Workshop Details

**StrengthsQuest Coaching** empowers both parents and their teens to work together towards preparing for life-long achievement. Many parents prepare for their teens' future by providing for them financially and ensuring that they enter the right college/university but what about the issue of life-motivation and career-fit? Is the teenager entering into their field of study based on parental expectations alone or in combination with the discovery of their unique talents and life goals? There must be more to life than just good grades - the quest to discovering a strengths-based life starts here.

### Participant Material (for the Teenager)

- StrengthsQuest coaching workbook.
- StrengthsFinder assessment report (generated online).
- StrengthsQuest assessment report (generated online).
- StrengthsQuest 300-page textbook (electronic version).
- Character First! development framework.



Lesson	What You Will Learn	
9.00am	<b>Affirm Your Strengths Potential</b>	<ul style="list-style-type: none"><li>• Identify elements of consistent performance.</li><li>• Trace past glimpses of excellence.</li><li>• Validate the <i>StrengthsFinder</i> assessment report.</li><li>• Differentiate the elements of skill, knowledge, strength and character.</li></ul>
10.15am	Break	
10.30am	<b>Discover Your Strengths Motivator (Part 1)</b>	<ul style="list-style-type: none"><li>• Understand the basics of intrinsic motivation.</li><li>• Map the four domains of leadership.</li><li>• Assess your unique <i>StrengthsMotivator</i>.</li><li>• Exercise : Crafting your strengths statement (version 1).</li></ul>
11.30am	<b>Discover Your Strengths Motivator (Part 2)</b>	<ul style="list-style-type: none"><li>• Validate your <i>StrengthsQuest</i> assessment report.</li><li>• Discern difference between life and career goals.</li><li>• Clarifying the steps to personal purpose .</li><li>• Exercise : Crafting your strengths statement (version 2).</li></ul>
12.30pm	Lunch Break	
1.30pm	<b>Develop Your Character Qualities</b>	<ul style="list-style-type: none"><li>• Understand the principles of design and authority.</li><li>• Develop first your reputation and then your resume.</li><li>• Exercise : Enhancing your strengths statement (version 3).</li></ul>
2.45pm	Break	
3.00pm	<b>Connect with Your Strengths Coach</b>	<ul style="list-style-type: none"><li>• Examine possible broad career options.</li><li>• Learn the application of self-assessment and strengths coaching templates.</li><li>• Q &amp; A.</li><li>• Discuss possible next steps.</li></ul>
4.00pm	Workshop ends.	

# GOOD MONDAY CONSULTING

## Developing Character. Discovering Strengths.

**Joseph Tan** is the Director of *Good Monday Consulting*, a training and consulting company which focuses on the personal transformation of the *individual* by developing character and discovering strengths. The root cause of poor performance and productivity is often not a technical issue, rather it is due to a deficiency in character or a misfit of talent – either way, the starting point is always *personal responsibility* and *individual conviction*. Through a proven training curriculum of character and strengths, Joseph provides a systematic and coherent way to influence personal changes which results in employee engagement and sustainable growth. For more information and an archive of media resources :

<http://www.goodmonday.com/>



### characterfirst

**Character-Wise Leadership** – This is the flagship training program designed for leaders and executives who are seeking to increase their scope of influence to the next level. Just being equipped in the technical competency of one's job is no longer a guarantee for success because more depends on who you are as a *person* rather than what you do as an *employee*. This program is conducted in affiliation with The Character Training Institute based in Oklahoma City, USA. For more info : <http://www.goodmonday.com/leadership.html>

**Character-Wise Conversations** – This is the companion training program to *Character-Wise Leadership* as it aims to infuse leaders with the necessary skills for face-to-face communication. Despite advancement in technology, team morale and conflict resolution can only take place when we are able to handle difficult conversations and facilitate tough meetings. Create an environment of authentic relationships at work through a character-based approach to team communication. For more info : <http://www.goodmonday.com/conversations.html>

### strengths finder 2.0

**StrengthsFinder Coaching** – Strengths-based development is unique in its approach and outcome. It is based on the simple notion that a person's talents do more than make him or her a unique individual. Our greatest talents – the ways in which we most naturally think, feel, and behave – represent our innate power and potential. When we tap into this source of insight, we are more efficient, we act with more confidence, direction, and hope, and we are more productive. For more info : <http://www.goodmonday.com/strengths.html>



**Character-Wise Parenting** – As Asia's first certified parenting coach with *The Rosemond Parent Coaching Institute*, Joseph extends the scope of character leadership right into the home as well. Based John Rosemond's 30 years experience as a family psychologist, 14 parenting books and over 200 weekly syndicated parenting column, Joseph now delivers John's no-nonsense, traditional approach to parenting which fights head-on with the post-modern parenting psychobabble of our day. By investing in strengthening the parenting skills of employees, organizations will benefit because employees who have a peaceful families will translate into a more focused and productive workforce. For more information : <http://www.goodmonday.com/parenting.html>

---

Joseph (B.Eng, MBA) has extensive working experience in corporations like Motorola, IBM and HP taking on roles in product engineering, sales, marketing and business development. This provides him with the industry background necessary to deal with the practical issues and challenges in making character development and strengths discovery a vital part of your team performance and culture. Instead of just conducting sporadic training sessions, Joseph provides the distinctiveness of consulting with organizations to create a *roadmap for sustainable transformation* based on the foundation of strong corporate values and employee engagement.

Joseph has trained for companies like IBM, Motorola, Mesiniaga, StatsChipPac, Colgate-Palmolive, Panasonic, Bukit Kiara Properties, American Chambers of Commerce, The Star, Astro, Bolton, Reapfield Properties, Flextronics, Jebsen & Jessen, Freescale Semiconductors, Sony, RHB Insurance, Tokio Marine, National Insurance Association of Malaysia, AmBank, Affin Bank, Royal Bank of Scotland, OYL Electronics, Malakoff, Sime Darby, Nielsen Company, REAL Education, Sekolah Sri KDU, DP Controls, Jotun, Thomson, Proton, Emerson Process Management and Taylor's Education Group