

## THE STRENGTHS WORKSHOP

# Overcoming Overload by **LIVING YOUR STRENGTHS**

Do you feel overloaded and tired of the treadmill of life? Do you wonder why you are here and whether there is more to life than this?

The answer is simple. You are uniquely created in God's image to **"glorify God and enjoy Him forever."** This is the abundant life Jesus promised in John 10:10. This is living your life callings.

Start with discovering your talents and your God given strengths. As you live in your God given strengths you will find your sweet spot of life.

### **Abundant life.**

The Strengths Workshop is Biblically based and builds on the world renowned Gallup StrengthsFinder2.0 talent assessment tool.

### **What do you get in the Strengths Workshop?**

- Biblical truths about your talents and strengths
- A formula to guide you in defining and communicating your strengths
- A process to prioritize your roles to fulfill your God given callings
- Tips to manage your time and overcome the risks of an overloaded world.



Workshop developed by:  
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For over forty years they have partnered in life. Working with clients as large as IBM and as small as local charities, they collaborate in helping organizations, leaders, and individuals achieve greater effectiveness and find relief from stress in an overloaded world.