




## Private Strengths Development Coaching Options

Please have your CliftonStrengths© (formerly StrengthsFinder©) results *prior* to coaching sessions.

**"We do not learn from experience...we learn from reflecting on experience."**

**- John Dewey**

NUMBER OF SESSIONS	SERVICES & PRODUCTS INCLUDED	INVESTMENT
12	<p><i>Comprehensive Strengths Development</i></p> <ul style="list-style-type: none"> <li>• CliftonStrengths© Introduction/Grounding Session</li> <li>• 'Name' CliftonStrengths© Session</li> <li>• 'Claim' CliftonStrengths© Session(s)</li> <li>• 'Aim' CliftonStrengths© Session(s)</li> <li>• Action Planning/Moving Forward Sessions</li> <li>• CliftonStrengths© Full 34 Assessment Code</li> <li>• TLC Power Pack</li> </ul>	<p>Connect with Cara using this link to learn more:  <a href="#">Cara's Calendar Link</a></p> <p>OR</p> <p>Scan to schedule a call:</p> 
6	<p><i>Deeper Understanding Strengths Development</i></p> <ul style="list-style-type: none"> <li>• CliftonStrengths© Introduction/Grounding Session</li> <li>• 'Name' CliftonStrengths© Session</li> <li>• 'Claim' CliftonStrengths© Session(s)</li> <li>• 'Aim' CliftonStrengths© Session(s)</li> <li>• CliftonStrengths© Full 34 Assessment Code</li> <li>• TLC Power Pack</li> </ul>	
4	<p><i>CliftonStrengths© 101 Development</i></p> <ul style="list-style-type: none"> <li>• CliftonStrengths© Introduction/Grounding Session</li> <li>• 'Name' CliftonStrengths© Session</li> <li>• 'Claim' CliftonStrengths© Session</li> <li>• 'Aim' CliftonStrengths© Session</li> <li>• CliftonStrengths© Full 34 Assessment Code</li> <li>• TLC Power Pack</li> </ul>	
2	<p><i>Getting to Know CliftonStrengths©</i></p> <ul style="list-style-type: none"> <li>• CliftonStrengths© Introduction/Grounding Session</li> <li>• 'Name' CliftonStrengths© Session</li> <li>• TLC Power Pack</li> </ul>	
1	<p><i>CliftonStrengths© Introduction</i></p> <ul style="list-style-type: none"> <li>• CliftonStrengths© Introduction/Grounding Session</li> <li>• TLC Power Pack</li> </ul>	

Love of Self | Love Your People | Love What You Do

## COACHING SESSION DESCRIPTIONS

### *CliftonStrengths® Introduction/Grounding*

We will establish understanding of the CliftonStrengths® assessment tool, why and how it's used, and your goal(s) for your strengths-based development coaching sessions.

### *'Name' CliftonStrengths® Session*

Before intentionally applying your strengths, it's important to understand each of your themes (aka – potential strengths) on a foundational level. This session focuses on laying the groundwork as you embark on your strengths-based development journey.

### *'Claim' CliftonStrengths® Session(s)*

Throughout these sessions, we explore how each of your dominant themes show up for you. What strengths do you *knowingly* currently leverage? What strengths can you call upon more? And how?

### *'Aim' CliftonStrengths® Session(s)*

"...when you know better, do better." – Dr. Maya Angelou

These final CliftonStrengths® sessions are focused on Dr. Angelou's sage advice: apply what you now know about the strengths you bring *and* need throughout your relationships, both personally and professionally, so you can do better.

### *Action Planning/Moving Forward Sessions*

Now with a deeper self – awareness of strengths and more fully equipped in your positive beliefs of self, these sessions focus on how you want to apply the 'new you' moving forward (actually, the 'new you' was there all along...you just needed to peel back the years of crud that you've been carrying). All sessions are guided by client specific personal and professional goals. Where do you want to be in the next 5 to 10 years? Let's map out a plan to get you there and implement the beginning steps for the continued growth journey ahead.

## FREQUENTLY ASKED QUESTIONS (FAQ)

### *What is the CliftonStrengths® assessment?*

It is an assessment that measures your talents – your innate way of being – and categorizes them using the 34 CliftonStrengths® themes. This [resource from Gallup](#) offers more details about the assessment itself.

### *How old do you have to be to take the CliftonStrengths® assessment?*

The assessment can be taken as early as 17 or 18 years of age. There are versions available for younger participants.

### *Is this like the StrengthsFinder® assessment?*

Yes. The StrengthsFinder® assessment was renamed the CliftonStrengths® assessment in honor of Don Clifton who created the assessment.

### *If I took it once, should I take the CliftonStrengths® assessment again?*

Unless you have experienced a major life-altering event since the first time you took the assessment, no. It is best to complete the assessment only once as there is survey bias if taken multiple times by the same person. If you have taken it multiple times, it's best to use your first results.

### *What is a TLC Power Pack?*

The Tutum Leadership Coaching (TLC) Power Pack Reports are a set of custom made individual and team reports using the Cascade Strengths Reports tool. They help streamline the valuable information throughout Gallup's Signature Theme Report (Top 5), Strengths Insight Guide (Top 5), Theme Sequence Report (Full 34), and the CliftonStrengths 34 Report.

### *What if I don't use all the sessions offered in the coaching package I choose?*

A coaching package remains current for 12 months beginning the day the contract is signed. Any unused sessions after the 12 months will be expired.

### *What if I can't schedule all the coaching sessions within the stated timeframe?*

Tutum Leadership Coaching will make every effort to honor all of your coaching sessions as agreed upon in the coaching contract. It is the responsibility of the client to ensure all sessions purchased are used within the allotted time of the contract.