

## MODULE 2. COACHING TOOLS



### **1. PODCAST: DEVELOPING STRENGTH OF CHARACTER**



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- **Editor:** Welcome to another episode of our podcast dedicated to personal development! Today we will focus on the development of character strengths and the first step, which is consciously recognizing our strengths. Get ready for a short exercise that will help you discover in which areas you have the greatest potential.



### Mini-lecture

- **Editor:** Each of us has a unique set of character strengths that can be key to our professional, personal and social success. Today, we will learn an exercise that will allow you to better understand your strengths and how to apply them in everyday life.

I invite you to discover your strengths now.

- Find a quiet place where you can focus on the exercise. Take a notebook and something to write with.

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- Reflect on recent challenges, tasks or situations in which you felt confident and coped effectively.
- In your notebook, write down three situations in which you achieved success or felt particularly competent. Describe what exactly you did in these situations and what made you stand out.
- Analyze your records and notice any recurring patterns. Try to identify what characteristics or skills allowed you to succeed in these specific situations.
- Finally, write down the three most common traits or skills that you consider to be your strengths.

Congratulations! Now that you have identified your strengths, you have a solid foundation for further development.

Remember to return to this exercise regularly to consolidate your knowledge of your character strengths.

Thank you for listening! See you in the next episode.

