

## Workshops and Trainings Offered by The Center for Dependable Strengths

*"Identifying and building upon strengths is the key to success for any individual; group or organization."*

The Dependable Strengths® Articulation Process (DSAP) can be of significant benefit to individuals, groups and organizations. Workshops and trainings developed from the process are offered by CDS for targeted populations and purposes as outlined below.

Contact CDS to arrange a workshop at your site or ours: [ds@highline.edu](mailto:ds@highline.edu)

<b><u>Title</u></b>	<b><u>Target Population</u></b>	<b><u>Purpose</u></b>	<b><u>Outcomes</u></b>	<b><u>Format</u></b>	<b><u>Cost</u></b>
<b>Dependable Strengths INSTRUCTOR TRAINING</b>	Any person in a helping profession who works with clients or customers	To become a facilitator of the <i>Dependable Strengths Articulation Process (DSAP)</i>	Identification of one's personal Dependable Strengths and preparation to facilitate the <i>DSAP</i> with clients/customers	A 5-day; 40-hour workshop.  Includes 18 hours experiencing the <i>DSAP</i>	\$750 per person.  All materials included.  Minimum 12 participants
<b>Dependable Strengths for EMPLOYMENT</b>	Unemployed Adults	To help people successfully find work; using the Job Magnet job-finding system	Awareness of strengths; increased self-esteem and motivation; effective job-finding and interviewing skills	An 18 hour workshop	\$275 per person.  Materials included.  Minimum 8 participants
<b>Strength-Based JOB INTERVIEWING</b>	Job Seekers	To teach people how to successfully and comfortably interview for a job	Awareness of one's strengths; how to communicate one's value to an employer	An 8-hour workshop	\$125 per person.  Minimum 8 participants
<b>Strength-Based TEAM BUILDING</b>	Work-teams or other groups	To help work-teams/groups be more productive, cooperative and satisfied	Identification of individual strengths; increased appreciation of colleagues; improved morale, efficiency and productivity; skills to build strength-based teams.	An 8-hour workshop.	\$125 per person.  Minimum 8 participants

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<b>Dependable Strengths for ORGANIZATIONAL DEVELOPMENT</b>	Any business or organization.	To improve productivity and morale of an organization.	Identification of worker, team and organizational strengths; increased respect and appreciation among workers; increased organization efficiency and productivity	A 16- hour workshop, ideally one day per week for 2 weeks.	\$3,500
<b>Dependable Strengths for DIVERSITY APPRECIATION</b>	Any group or organization	To improve appreciation of differences and increase collaboration, cooperation and mutual respect	Identification of individual strengths; respect and appreciation for the strengths of others; greater cooperation	A 1 day, 8-hour workshop.	\$800
<b>Dependable Strengths for EDUCATORS</b>	K-12 Educators	To train teachers and educational staff in the philosophy and use of Dependable Strengths	Awareness of strengths; knowledge of DS curriculum and materials; a plan to implement DS in school	A 2 day; 16-hour workshop	\$249 per person.  Materials and DS Curriculum included
<b>Dependable Strengths for MIDDLE SCHOOL</b>	Middle School Students	To help middle school students identify their unique strengths and acquire a greater sense of value and respect for others	Awareness of strengths; increased self-esteem; increased motivation; increased connection with parents or significant others; greater skills to plan for high school	An 8-hour workshop to train middle school staff to facilitate the 3-hour Middle School DS Curriculum	\$125 per person.  Includes Curriculum Manual per attendee  Minimum 8 participants
<b>Dependable Strengths for HIGH SCHOOL</b>	High School Students	To help high school students identify their unique strengths and build a sense of value	Awareness of strengths; increased self-esteem; increased motivation; increased respect for self and others; increased skill in post-high school planning	An 8 hour workshop to train high school staff to facilitate the 9-hour High School DS Curriculum	\$125 per person.  Includes Curriculum Manual per person.  Minimum 8 participants

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<b>Dependable Strengths for COLLEGE STUDENTS</b>	College Students	To help undergrad college students gain direction and connection in college	Awareness of strengths; increased confidence and self esteem; increased clarity about college major and possible careers; increased connection with other students	A 2-day; 16-hour workshop to train college staff in use of the DS for College Curriculum - a 13 hour course or seminar	\$250 per person.  Includes Curriculum Manual per attendee.  Minimum 8 participants
<b>Dependable Strengths for CLASSROOMS</b>	K-12 Classrooms	To improve classroom climate; behavior and achievement	Increased respect and appreciation among students; decreased discipline problems; increased class achievement	A 3-hour intervention in a classroom; one hour a week.	\$500
<b>Dependable Strengths for PARENTS</b>	Parents or Child Care-givers	To have parents learn a strengths-based approach to raising children. To gain tools for identifying a child's strengths	Awareness of one's own strengths; methods for identifying children's strengths; a positive approach to child rearing	An 8-hour workshop.  Customized scheduling to accommodate circumstances	\$125 per person.  Minimum 8 participants
<b>Dependable Strengths for FAMILIES</b>	Families	To have families develop a positive approach to interacting with each other; to learn tools for identifying strengths in each other; to build strength-based families	Awareness of one's own strengths; methods for identifying strengths in others; a positive approach to family interaction	A 9-hour intervention - often in three 3-hour sessions.  Customized scheduling to accommodate family circumstances.	\$900
<b>Dependable Strengths for the ELDERLY</b>	Elderly	To help the elderly regain or maintain a sense of value and involvement in life	Awareness of strengths; increased self-esteem; motivation; and hopefulness	A 2 day workshop; 5 hours per day	\$125 per person.  Minimum 8 participants

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<b>Dependable Strengths for RETIREES &amp; CAREER CHANGERS</b>	Anyone in a career or life transition	To help find a fulfilling new direction in work or life	Awareness of strengths; increased clarity and confidence about change; skills for finding new work and direction; increased hopefulness	A 2 day workshop; 8 hours per day	\$250 per person.  Minimum 8 participants
<b>Dependable Strengths for CHURCH CONGREGATIONS</b>	Church congregations	To improve the participation and motivation of church congregations	Identification of congregational strengths; improved participation; increased satisfaction among church members	A 16-hour workshop.	\$1,600
<b>Dependable Strengths for CHURCH MEMBERS</b>	Church members	To help church members clarify their "calling"	Awareness of one's "gifts"; increased self-esteem; motivation; and life satisfaction	A 20-hour workshop: <i>"Discover Your Dependable Strengths"</i>	\$250 per person.  Minimum 8 participants

*Notes:*

- Workshops can be customized to meet individual schedules and circumstances
- Some fees may be higher to include facilitator expenses if travel is involved
- Some terms and costs may be negotiable.

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