**Wellbeing Through Strengths**

It’s easy to think about wellbeing as something that’s “nice to have” but something that isn’t really essential to thrive. Gallup has been researching the topic of wellbeing since the 1950s and they’ve determined that wellbeing defines our experience as humans. Certified Gallup StrengthsFinder Coaches at WCU are now offering a workshop that will take a look at how we can leverage our unique strengths to examine our current state of wellbeing and determine how we can go from ‘suffering’ or ‘struggling’ to ‘thriving.’

Please note that this session is meant for those that have already participated in an introductory StrengthsFinder (CliftonStrenghts) session with or have had a one-on-one coaching conversation.

Not familiar with CliftonStrengths? [CliftonStrengths](https://www.gallup.com/cliftonstrengths/en/252137/home.aspx?utm_source=google&utm_medium=cpc&utm_campaign=us_strengths_branded_cs_ecom&utm_term=clifton%20strengthsfinder&gclid=Cj0KCQjw-daUBhCIARIsALbkjSbQ8wmWR_QR-ZGsRcT7Lzml4v18ygLib5BX1wceOL0Yp2YA2T6RwR8aAgKTEALw_wcB) is an assessment based on a general model of Positive Psychology that is available to WCU faculty and staff. Complete the CliftonStrengths assessment to unlock the personalized reports and resources you need to maximize your potential. Participants will:

* attend a de-brief with a certified coach.
* understand how to support their ***wellbeing***.
* learn to perform better in their job.
* build better relationships and learn how to be a better teammate.

Check out [What is StrengthsFinder and Why Do You Need It?](https://www.globalexperiences.com/blog/what-is-gallup-strengthsfinder)

To learn more, complete an assessment, or participate in a Wellbeing Through Strengths session, please contact Anne Aldrich, Assistant to the Provost at [aaldrich@wcu.edu](mailto:aaldrich@wcu.edu)