



where we focus, grows.

www.strengthsinfocus.com

You are invited to

Transforming Lives

Thursday, Nov. 6, 2008

8:30 am to 4:00 pm

Yarmouth, Maine

Walking the Talk

Friday, Nov. 7, 2008

Both days: **\$149**

Nov. 6 only: **\$99**

with internationally-known author, teacher and coach, Chris Trout

Location: First Universalist Church, 97 Main Street, Yarmouth, ME (corner of Main and Portland Streets)

Designed to be truly transformative, this highly interactive seminar goes far beyond the “information and strategies” content that fades over time. Come ready for two days of dynamic learning, passionate discussions, and personal explorations. **You will also receive...**

- Extensive training materials, including tools to use back home.
- A copy of Chris' audiobook, Reflecting Strengths, as an mp3 download.
- A free follow-up conference call with Chris and your colleagues from this seminar.
- A certificate reflecting twelve (12) hours of continuing education. (Six for one-day.)
- A new support network of like-minded colleagues and access to a special online forum.

Transforming Lives

We want to help young people see themselves as strong, capable and resource rich. Yet, too often we are so distracted by the urge to “fix” behaviors that are disruptive, self-destructive and just plain annoying, that we miss seeing the underlying strengths. This, despite the fact that we may (secretly) admire their cleverness or persistence or sheer survival skills.

This training provides a powerful new perspective and proven tools for anyone who engages with young people: teachers, parents, mentors, social workers, foster parents, administrators and others.

Learn practical techniques to recognize and grow strengths while still holding young people accountable for their actions. Tap into the paradox of their lives to foster resiliency and success. Working progressively from insight to exploration to mastery, you will...

- Gain a practical understanding of why our strengths are the key to resiliency and success - not just in theory, but action.
- Explore the art of seeing through “deficit” behaviors to the underlying strengths.
- Learn to communicate and grow these strengths - specifically, authentically and effectively - and help young people see themselves as strong, capable and resource rich.
- Begin to master the art of applying these concepts and skills to the specific kids with whom you work or live.

"Chris' experience and energy leaves you in awe of the power of words...You really can transform lives just by changing the way you look at people. Chris is a valuable resource!"

- Cyndi Desrosiers, Project Director, Greater Waterville Communities for Children and Youth Prevention Coalition Waterville, ME

Learn more about Chris Trout and Strengths in Focus at www.strengthsinfocus.com
Questions? Contact Chris Trout at 207 767 2024 or at chris@strengthsinfocus.com



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Walking the Talk

Building on the concepts learned in *Transforming Lives*, this day of intensive personalized learning, coaching and exploration, is loosely divided into three segments:

1. **Talking the talk:** We want to communicate our perspective effectively and convincingly, but often don't have the vocabulary and clarity to pull it off, especially when talking with others who "know" with certainty what needs to be fixed!! In this segment, we'll hone that vocabulary and practice communicating effectively, both with young people and with colleagues. A favorite exercise is a mock meeting, with strengths advocates on one side and traditionalists on the other. When we stop laughing, we find the confidence and clarity to be effective advocates.
2. **Walking the talk:** To bring the strengths focus home to our own lives, we identify our personal strengths, the role they have played in our own challenges and successes, our unique barriers to accessing these strengths, and tools for making them part of our daily functioning. This powerful exercise will not only transform your work/relationships but change the way you see every aspect of your life.
3. **Being the talk:** In this opportunity to further explore what these ideas look like with specific young people - the ones in your life - we practice, problem solve and explore our own authentic styles. A favorite exercise is "stump the chump," during which participants have a chance to pose specific questions about the toughest situations, kids and challenges they face.

"Two days with Chris Trout gave me a renewed enthusiasm and commitment to support, not fix, kids. The information blended well with personal transformation work and provided a language for implementation."

- Jo Petrusa, Counselor
Chapel Hill Carrboro City Middle School, Smith Middle School
Chapel Hill, NC

Register online at www.strengthsinfocus.com/shop/tools

Discounts available for 3 or more registrations on one payment. Call Chris at 207 767 2024.

1. Choose the "Two-day Seminar" or "Transforming Lives" (one day only) and enter the number of people you are registering. Click "add to cart."
2. If you've been given a special registration code, enter it in the "Customer Code" box here.
3. Choose your form of payment and click "Go to checkout."
4. Complete each page until you are given the opportunity to print the final invoice.

Paying by check? Print out the invoice and send a copy with your check to the address provided.

Paying by PO? Print out the invoice and present it to your Accounts Payable person for payment.

Paying by credit card? You are all done. Print an invoice for your records if you wish.

Within 24 hours, you will receive a confirmation email with directions and all the details you need.

See you on November 6th!

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