KARL GRECH
PERFORMANCE COACH & TRAINER



BOOST YOUR PERSONAL STRENGTHS

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We live in a culture that focuses on flaws - and improving ourselves.
But did you know that for success, happiness and growth - you achieve the greatest impact by boosting your strengths?

In the book, "Now Discover Your Strengths" by Marcus Buckingham he argues that we would be more successful if we focused on our strengths instead of our weaknesses.
I couldn't agree more.

So, consider for a moment your 3 Most Valuable Strengths, and ask yourself:

- How could I use this strength more in my business, work, or life?
- How could I turn this strength into a new opportunity for me or my work/business?
- How could I use this strength to more fully express myself through my work/business?
- Where could I use this strength to really make a difference in my work/business?
- Where could I really shine if I just let myself?

My 3 FAVOURITE Strengths are:
List your 3 most valuable strengths in the space provided hereunder:

I could Boost this strength by...
Look at the questions above & brainstorm 3-5 ideas or actions you could take to boost your strengths.

Worksheet

Actions

Now, commit on what you will do to maximise on your strength/s
Choose 3 ideas or actions from the list above and set a target by when you will complete them

HEY I'M KARL

I hope you found this worksheet valuable, I look forward to connecting.

A Performance Coach & Leadership Trainer helping clients enhance how they connect, influence, and inspire others.

My mission is to create positive change by helping others seek the best in themselves.

Certified coach helping clients discover their untapped potential and nourishing it in a way that maximizes their performance whilst achieving a healthy work-life balance in their personal and professional lives. I have coached and trained Heads of Departments and Senior Executives.

Amongst my various interests, my specialisation is in leadership, coaching, and emotional intelligence (how you 'show up'). I have earned an Associate Certified Coach (ACC) award with the International Coaching Federation (ICF), certified in PRISM brain-mapping, and Genos Emotional Intelligence assessments.

Graduated with a Masters in Business Administration (MBA) in Management Consulting with the Grenoble Graduate School of Business. I have also achieved a Diploma in Coaching & Mentoring

When I am not working, I enjoy spending time with my wife and kids, running, circuit training, and embracing traffic as an opportunity to listen to podcasts.



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Mobile +356 79050478
email coaching@karlgrech.com

Endorsement

"Karl is a great coach. He mastered the art of listening and asking, and is not afraid to use it. Karl supports you to find the path to your business and career goals while utilizing up-to-date personal improvement tools. Always well prepared and eager to push you towards your target. I recommend him ...."

Louise Pullicino - General Manager
P&A Sullivan Travel & Tourism

"... is incredibly knowledgeable, reliable, and practical. ...Karl used his different skills to help me identify what I required to overcome my challenges. I enjoyed the interaction ...tailor-made sessions to fit my needs. ...he used a toolbox of resources whilst encouraging me when I required motivation. I would definitely recommend Karl..."

Artur Lengyel - Business Developer & Commercial Manager & Lecturer

"At first we weren't too sure whether we needed coaching ...working with Karl, results showed the benefit of coaching. Karl's knowledge on the subject is very extensive, he was able to help us approach, resolve and look at our workplace differently. All this done over a number of hours without interfering with our work routine. ...virtual sessions allowed us to stick to regular coaching sessions."

Sean Aquilina - CEO & Founder
MAKA Visuals

Schedule a 30-minute discovery call ...
https://go.oncehub.com/KarlGrechDiscoveryCalls



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