



Your Strengths Blueprint: How to be Engaged, Energized, and Happy at Work

Ms Michelle L McQuaid MAPP, Ms Erin Lawn

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Are you ready to make your work just a little bit easier and a lot more enjoyable? Would you like to unleash the potential of the people in your team? Do you want to enhance your business goals of employee engagement, customer satisfaction, and profitability? Then this book is your blueprint to discovering, developing, and delivering on your strengths at work--those things you're good at and actually enjoy doing.

With more than a decade of senior leadership experience in organizations around the world, best-selling author Michelle McQuaid and her colleague Erin Lawn share their combined knowledge of applied positive psychology in *Your Strengths Blueprint: How to be Engaged, Energized, and Happy at Work*, to guide readers on how developing strengths can improve your confidence, wellbeing, and performance at work.

With one study finding that using your strengths can boost your happiness more than a \$10,000 pay rise, this book will help you to:

- Explore tested tools to help you discover what your strengths are, including a detailed breakdown on how to use the twenty-four character strengths as outlined in the Values in Action (VIA) Survey at work.
- Create a step-by-step, busy-proof plan to put your strengths to work each day no matter what your job description says.
- Embed a strengths-based approach into your organization with templates for recruitment, performance management, and performance reviews.

Now is the time to strive for a strengths-fueled future. Discover how to nurture your strengths and unleash your inner potential to find new and exciting pathways at work.

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Playing with family inside a park, coming to see the water world or hanging out with pals is thing that usually you have done when you have spare time, subsequently why you don't try thing that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love *Your Strengths Blueprint: How to be Engaged, Energized, and Happy at Work*, you are able to enjoy both. It is great combination right, you still wish to miss it? What kind of hang type is it? Oh seriously its mind hangout fellas. What? Still don't get it, oh come on its referred to as reading friends.

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