

Are My Strengths Working For or Against Me?*



Presented by: Cori Fecho, PSEA UniServ Representative

September 26, 2022 ♦ Via Zoom
4:30 – 6:00 p.m. workshop

Note: This workshop was offered in fall 2018 and 2019; if previously taken, not eligible for hours.

Every person has a tremendous number of attributes that are stronger than others. As we try to be the best and most effective in our workplaces, we call upon these strengths and try to improve on areas that we find don't come as naturally. But as we meet obstacles in the workplace and life, our strengths do not always allow ourselves to be our best self through a situation. Researchers are finding that overuse of our strengths in some situations can turn something from bad to worse!!! This session will focus on identifying the core areas that come naturally for us and the ones that do not. We will then delve into what research is saying will allow us to maximize our strength areas to use them appropriately while building on areas that do not shine as brightly. All of this will allow us to work towards greater happiness and effectiveness in our workplace.



Note: About a week prior, participants will be emailed instructions for online prep work that needs to be completed prior to the workshop; this time is figured into the hours.

***Paraprofessionals**, if taking this workshop for the hours, it is recommended that you obtain pre-approval from your employer to ensure the hours will be accepted.

Members with teaching certificate, if you provide your PPID #, you will receive 2 Act 48 hours for this workshop.

***Requirements in order to receive Act 48 and Chapter 14 hours:**

- ✓ **participate in the entire workshop.** Partial hours are NOT given; *AND*
- ✓ **when held via Zoom, you must be present on the video feed for the entire workshop;** *AND*
- ✓ **within 3 days of your workshop, complete the online survey, which includes entering the CODE word.** Sometime during the workshop, a code word will be given; that code word will need to be entered into the online survey. The survey will be emailed to you within 24 hours of your workshop.

**2-hour
workshop**

**Pre-registration is required.
RSVP no later than September 19, 2022**
(online at www.psea.org/er/rcpe or email to e-rgn@psea.org)

About a week before your session, you will receive a confirmation email containing prep work and Zoom information.