



# Realise2 Accreditation Programme

*Take your knowledge of strengths and Realise2 to a deeper level on this 2 day or 5 week virtual Programme for Coaches, HR Professionals and Managers.*

## The Benefits

Becoming an Accredited Realise2 Practitioner will provide you with:

- Insights into how Realise2 can be applied to different settings
- Knowledge of all 60 Realise2 strengths and how to interpret them
- Expertise in using Realise2 for your own development and for those around you
- Experience coaching others towards understanding and using their strengths fully
- Capability to use Capp's 4M Model of development to coach people towards their goals
- Opportunities to connect with other Accredited practitioners on the day and post programme
- Confidence in your ability to apply strengths best practice in your work

## What Our Delegates Say

*“The Realise2 Programme was excellent. An amazing opportunity to engage with skilled facilitators who clearly understand and in fact are leaders in the research underpinning strengths assessment and development. Having utilized character strengths for years, the Realise2 is a welcome complementary approach that is scientifically rigorous yet user-friendly. I would highly recommend the training to any coach, positive psychologist, or therapist who wants to bring out the best in themselves and their clients.”* Dr Suzy Green, Positive Psychology Institute

*“The Realise2 Programme was a pleasure to be on. The course was very interactive and certainly got across to all delegates the fantastic benefits of utilising Realise2 to understand strengths and how they can be used to improve what people do in both the work environment and also their personal lives. We will certainly be using this great tool in Cable & Wireless Worldwide going forward.”*

Tony Sanders, Cable & Wireless



## Programme Content

### *Introduction to Strengths and Realise2:*

- Exploration of how strengths are applied in practice
- Examination of the business case for strengths
- Insights into how and why Realise2 was developed
- Understanding of the reliability and validity of Realise2

### *Realise2 and You*

- Developing your strengthspotting skills
- Interpreting your own Realise2 profile report
- Establishing the difference between the 60 Realise2 strengths
- Knowing how to use Capp's 4M Model of development in your work

### *Realise2 and Others*

- Enabling others to set goals effectively using the 4M model of development
- Experience performing Realise2 debriefs
- Goal setting with Realise2
- Receiving feedback from your Capp coach and colleagues
- Giving feedback to others on their debrief skills



## What You Will Receive

- A copy of *The Strengths Book*
- A memory stick and manual including all course handouts
- 3 Realise2 codes
- A pack of Strengths Coaching Cards



## How To Book // Fees

Visit the Capp website at [www.cappeu.com](http://www.cappeu.com) for forthcoming programme dates, prices and locations. The programme is available as a 2 day or 5 week virtual programme. For more information, or to make a booking, contact [programmes@cappeu.com](mailto:programmes@cappeu.com) or speak to Trudy Bailey, Programmes Consultant on +44 (0) 2476 323363.

### **In House Programmes**

We also run in house programmes for organisations and groups (subject to a minimum number of 8 people). Please contact Trudy for further details as discounts are available.

### **Realise2 Team Accreditation Programme**

Become an Accredited Realise2 Team Practitioner too and learn how to unlock the strengths potential of teams through enhanced performance, communication, engagement and strategic alignment. Visit our website for further details at [www.cappeu.com](http://www.cappeu.com).

