



Realise2

CAPP's leading edge strengths assessment tool

About CAPP

CAPP, or the Centre of Applied Positive Psychology, are the world leaders in the organisational applications of strengths and positive psychology. We deliver a pioneering approach to business and HR consulting. Our interventions enable individuals and organisations to understand and harness their strengths, at the same time as managing their weaknesses. The result is enhanced performance - for individuals and the organisations that employ them.

Our mission is **Strengthening the World**. Through every application of strengths and positive psychology, our aim is to make you stronger.

About Realise2

Realise2 is our leading edge strengths assessment tool. Most people don't really know what their strengths are and those who think they do will often confuse them with their learned behaviours.

Realise2:

- Assesses 60 different attributes according to the three criteria of energy, performance and use
- Gets to the heart of knowing your strengths and how you can make the most of them through bespoke advice and feedback suggestions
- Takes only 20 minutes to complete in order to receive a full Profile Report
- Helps you understand your realised strengths, unrealised strengths, learned behaviors, and weaknesses

Then what?

Once you have received your Profile Report, you can then...

Select the development areas on which you wish to focus

Receive your Development Report with bespoke development advice

Build your Personal Development Plan with online email reminders

Who should use Realise2?

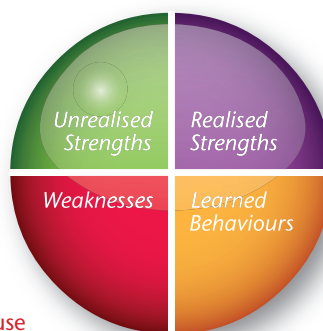
Everyone. Individuals, organisations, coaches, counsellors and therapists.

Realise2 asks:

- What you love to do and get to do?
- What you love to do but don't do?
- What you can do but don't like doing?
- What you find it hard to do?

- Perform well
- Energising
- Maximise their use

- Perform poorly
- De-energising
- Minimise their use



- Perform well
- Energising
- Marshal their use

- Perform well
- De-energising
- Moderate their use

In **organisations**, Realise2 is used across assessment, recruitment, selection, talent management, leadership and manager development, coaching and outplacement. It helps get the right people into the right roles. It is used to identify people's preferences and highlight areas of future potential. It shows people where they can best develop their strengths at the same time as they manage their weaknesses and moderate their learned behaviours. Research shows that if people know and focus on their strengths, performance increases by up to 36%.

Realise2 is also used extensively by **individuals** who are keen to get to know more about their realised strengths, unrealised strengths, learned behaviours and weaknesses. It is also used by coaches and counsellors, especially those working in personal development and career development, and by therapists who want to introduce a more positive and strengths-based assessment into their practice.

How Much?

Realise2 is just £15 (inc. VAT) per individual user.

For every Realise2 sold, CAPP donates £1 to The Strengths Project (www.cappeu.com).

How?

Go to www.cappeu.com and click on the Realise2 link.

Make a difference to your life with Realise2

For more information please contact: Desmond O'Dowd

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