



## Strengthscope? Handbook: Your guide to achieving success through optimizing strengths and reducing performance risks

By James Brook, Dr. Paul Brewerton

Matador, 2018. Condition: New. During the past two decades, research has linked personality strengths to a wide range of positive work and life outcomes, including well-being and stress management, motivation, creative problem-solving and improved relationships, self-confidence, career success and teamwork. It has also shown the importance of addressing performance risk areas to achieve the best possible outcomes. Risk areas such as overuse or inappropriate use of strengths, or weaker areas that can disrupt/derail performance, should also be addressed to optimise success. Num Pages: 208 pages. BIC Classification: KC. . . 2018. Paperback. . . . .



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