



SAPCA

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INTERNATIONAL COACH FEDERATION

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Review of Borders Workshop Event

Now, Discover Your Strengths

*Discover, Develop, and Use
Your Unique Talents and Strengths*

Presented by:

Mike Bellomy

Executive Coach and Consultant

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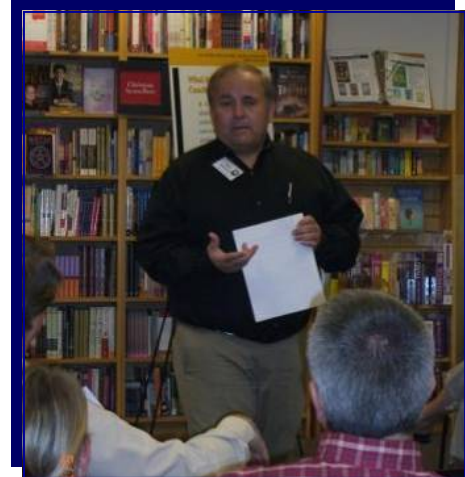
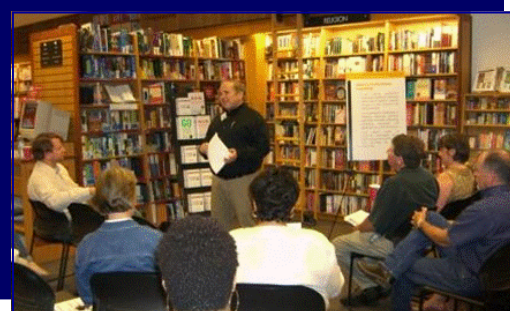
May 17, 2007

Review Written by:

Susan Loveland, MA, LPC (Intern), NCC

Imagine getting up each morning knowing that you are really good at the work you do and that you truly enjoy doing it. Also, you are recognized by others for being exceptional and work never seems like a struggle. This is possible! Yet, most of us approach life trying to repair the flaws and weaknesses defined for us by parents, teachers, managers and life experience... while the truth of who we really are and the strengths we uniquely possess lie dormant and untouched.

On Thursday, May 17th, Mike Bellomy, Executive Coach led a two hour workshop at Borders in



Huebner Oaks based on the book, ***Now, Discover Your Strengths*** by Marcus Buckingham and Donald Clifton, Ph.D.

This lively presentation engaged participants in learning how to identify and empower their strengths so they could enjoy:

- Improved Relationships
- Goal accomplishment
- Being in charge of their careers, loving what they do and doing what they love
- Less stress in work and in life
- Powerful performance in all aspects of life

Mike used personal examples and stories from the audience as he walked the audience through exercises in identifying strengths, weaknesses, and making a plan to increase energy, focus, and joy for all those that attended. Mike provided worksheets that allowed the participants to apply the concepts throughout the weeks to come. He showed a different way to look at strengths and weaknesses, and made the presentation inspirational and relevant through the use of real life examples. Many stayed after the presentation with questions and discussion about their own and other's lives.

Participants appreciated Mike for his sincerity, honest passion, and charisma.