



Teams & Workshops

Strengths4Life Coaching & Consulting · Rachel Phelps, Gallup-Certified Strengths Coach · Duluth, MN

Strengths-based workshops for schools, nonprofits and businesses who want to know and grow from each other's collective and individual strengths. Every workshop is built around your goals, your people and your schedule.



WORKSHOP TOPICS

Discover Your Team's Strengths

Everyone learns their CliftonStrengths and sees how the team's talents fit together.

Communicate with Care

Connect across differences and build trust in everyday conversations.

Lead from Within

Help leaders lead with their strengths, in the way only they can.

Together, We Rise

A multi-session team series for lasting change in how you work together.

FORMATS

1. **Single workshop** for staff, students or leaders
2. **Half-day retreat** to apply strengths to real goals
3. **Team series** over weeks or months
4. **Leader coaching** 1:1 alongside team work

In person in the Duluth area or online.

CliftonStrengths assessment codes can be included for every participant.

HOW IT WORKS

1. Free planning call about your goals, group and timeline
2. Custom proposal and quote within two business days
3. Participants take CliftonStrengths
4. Interactive, practical workshop
5. Summary and next steps so the learning lasts

Direct invoicing for schools and organizations. RFP responses welcome.

ABOUT RACHEL

Gallup-Certified Strengths Coach · 300+ hours of coaching · 7 years of coaching · Student Success Coach in higher education · Trained with the Academy for Coaching Excellence · Working toward the ICF ACC credential.