



No 1 of Rhode Island



Discover Your Strengths & Build Powerful Partnerships

We all want to be our best, to show up for ourselves and others in the best way possible. Sometimes we get it just right and it feels empowering. But other times, we miss the mark. Sometimes we struggle to communicate clearly. Why?

Often, we aren't tuned into our unique talents - and when we lean into them, we are in a much better position to have a greater impact on our work, our team members, our family and friends, and our community. During this workshop, we will explore our Top 5 Strengths and the impact they can have on your personal and professional world.

Take time to spend on YOU. To be your best.

In this workshop, you will:

- Learn how to spot your own talent in real time
- See your value in a fresh and new way the magic that you bring to every team, every relationship, every situation, every day
- Start leaning into your talents and understand how to more profoundly impact your role, your department, your company, your family and your life by showing up in the best way possible, for yourself and for others around you
- Experience deep learning, laughter, and at least one "aha moment"

Tuesday, February 8, 2022, 6:00 p.m. Gilbane Building Co 7 Jackson Walkway, Providence, RI 02903

> \$35 for Members \$40 for Non-Members

Please RSVP to Lindsey at Idesjarlais@gilbaneco.com and purchase your tickets online via PayPal at www.nawicri.org.











Cindy has always been obsessed with two things - our health & wellbeing and our personal & professional development. These two areas of interest have led her to roles on HR teams with a focus on finding talent, growing talent, and developing company culture. And these roles have been within the wellbeing space for her entire career. Cindy has served on leadership teams, building HR strategy and systems for high growth organizations. But her favorite place to be is coaching employees, managers, teams and executives to perform at a higher level than they did before.

An experienced Gallup Certified Strengths Coach, Cindy launched her coaching and consulting business, Grow with Strengths, in early 2018. Her coaching and facilitator style is energetic and thoughtful. Cindy believes that we learn through practice and that learning works best for us when it's enjoyable and relevant to our lives. She prides herself in creating a super safe place for people to be genuine, authentic, natural and brave. Her most rewarding moments are when individuals and teams learn how to show up for each other with their talents and Strengths. When this happens, productivity, performance and wellbeing improve while stress, anxiety and frustration fall away.

She is excited about working with teams and companies to help them solve their biggest challenges around how people work together, learn together, and navigate our ever-changing world together.

She graduated from the University of New Hampshire a very long time ago with a BA in Interpersonal Communications and French. Cindy and her husband live in Barrington, RI and have two millennial daughters.