



## What is *OUR BEST PRACTICES*' NATURAL RESOURCES Program?

A '**Strengths**' approach, in the context of Coaching Psychology and Applied Positive Psychology, is built around a focus on **what is already working** for an individual or a group. It calls for concentration on '**what is right**' currently and '**what is strong**' now – essentially, what is *already 'going well'*. This identity and promotion of the different 'strengths' that we all have, enables us to develop a foundational basis for **ongoing well-being and performance**.

The things on which we focus, and the language that we use; informs our world and becomes our reality. If we begin with what we know and do well; we are more likely to go beyond our comfort zone. Once we become aware of what our capabilities are, we are more likely to fulfil our potential. By maximising the internal resources that one possesses, one's capabilities are extended.

And for teams, finding complementary strengths among its members, almost always empowers the evolution of a more effective unit.

As with all *OUR BEST PRACTICES* programs, we seek to blend and tailor our coaching models and frameworks to deliver a **unique program** for each individual or team situation.

We are always mindful of an overarching goal to enhance individual and group flourishing in any setting. Thus, the *NATURAL RESOURCES* methodology uses proven **Positive Psychology and Coaching Psychology** techniques and interventions. We apply the leading **Strengths' assessments tools** as our starting point. We are fortunate to be able to lean on **established Strengths coaching practices**, developed over many years, and founded on the outstanding ground-breaking research to date. We have integrated these with our originally designed concepts and workshops. Combined, this becomes the **platform for significant growth**.

*('OUR BEST PRACTICES' operates under the aegis of Blumberg & Co.)*

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