



Play to Your Strengths

A 3-Part Workshop Series

Align your work with your natural strengths, expand your capacity, and create meaningful, lasting impact.

You juggle priorities, solve problems, and adapt to constant change. Some days, the work energizes you; other days, it leaves you wondering why it feels **harder than it should**—despite how much you care.

What if work could feel more natural and sustainable?

Play to Your Strengths blends FreshVue's human-centered approach with insights from the Kolbe System™ to help you understand how you naturally take action—and use that awareness to make work feel more effective and less draining.

Across three workshops and a personal coaching session, you'll explore how your instinctive way of problem-solving can improve communication, reduce friction, and help you do your best work—without burning out.

What You'll Experience

Work from Your Strengths: Understand how you naturally take action and make small shifts to feel more energized and effective.

Build Clarity & Confidence: Recognize your problem-solving patterns and learn what helps you perform at your best.

Protect Your Energy: Adjust how you engage to sustain focus and thrive.

Turn Insight into Action: Communicate more clearly and apply what you learn right away.

1-on-1 Coaching: Meet privately with a FreshVue Certified Kolbe Consultant™.

What People Are Saying

FreshVue didn't just show me my strengths—it gave me the tools to use them. I've built stronger relationships, feel more confident tackling challenges, and approach my work with more clarity and ease.

— Director, Professional Services Firm

This program helped me understand that balance isn't necessarily about doing less, it's about doing work the way I'm wired to do it.

— Senior Leader, Education Sector

Understanding how we can modify our approach to invigorate instead of drain—by changing our perspective, process, or how we approach people—has been invaluable. This is one of the most lasting and fruitful investments in our team.

— Retail Account Manager, Food Distribution Industry

Knowing my Kolbe strengths helps me decide what to say yes to and what to let go of. My work feels lighter, more productive, and better aligned with how I naturally operate.

— Program Manager, Workforce Development

Program Snapshot

Three workshops over six weeks:

8 - 8:30 am — Arrive & Connect
8:30 - 11 am — Workshop

Investment & Options

The full Play to Your Strengths experience is \$1,950 per participant and includes your Kolbe A™ Index, three workshops, and a personalized 1-on-1 coaching session.

You can also take advantage of:

Early Bird Special — \$1,750

Save \$200 when you register thirty days in advance

Group Rate — \$1,500 per participant

For teams or organizations registering three or more people.

Seating is limited to maintain a personalized, high-impact learning experience.

Upcoming Dates

Play to Your Strengths (Virtual):

January 22 - February 5 - February 19
8 - 11 am

Play to Your Strengths (In-Person):

February 25 - March 11 - March 24
8 - 11 am

Scan to Learn More & Register

