

PERSONAL & FAMILY Coaching

INFORMATION AND TESTIMONIALS

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WHAT DO WE DO?

Strengthening family relationships, empowering parenting, and developing your unique potential by bringing deeper understanding and awareness to your relationships and self.

CliftonStrengths (for adults) and StrengthsExplorer (for kids) is an online profiling assessment that reveals a persons 'core-wiring' - or in other words, it explains why people think, feel and act the way they do. What makes CliftonStrengths unique is that it is based in positive psychology which means it is built on the premise that every person has strengths and some sort of value to add. The tool focuses on what is right with each person, while highlighting what makes them unique. This information and approach proves vital in the understanding of each other and the navigating of relational dynamics. This tool has proved to be life changing for millions of individuals and families with regards to strengthening marriages and relationships, empowering parenting, focusing children's learning efforts, and speaking confidence into children by celebrating their strengths.

22 million people have done the assessment so far - we encourage you to invest in your family and relationships, and do it next.





CLIFTONSTRENGTHS COACHING FOR COUPLES

This program was created to improve the partnership between couples. Whether you have been together for 3 months or 30 years, this program will bring both of you on a deeper journey of discovery. Rest assured that you'll learn things about your partner that would surprise you!

CLIFTONSTRENGTHS COACHING FOR PARENTING

This program is designed to strengthen the relationships within families, particularly the parent-to-child relationship. Through our coaching sessions, fathers and mothers will learn how to parent their children using their unique strengths, and gain practical handles on how to identify and nurture the talents of their children.

CLIFTONSTRENGTHS COACHING FOR STUDENTS

This program is designed to help students understand and celebrate their innate talents while teaching them how to unlock their full potential. The CliftonStrengths tool breeds confidence in the hearts of the youth that use it, as it celebrates what is right and unique with them while also 'releasing' them from feeling pressure to become someone they are not.

CLIFTONSTRENGTHS COACHING FOR INDIVIDUALS

We have a team of CliftonStrengths Coaches who are passionate about impacting people on a deeper personal level - the 1 on 1 coaching sessions. Compared to large-scale workshops, 1 on 1 coaching sessions are very individualized. With a more personal setting, we are able to cover greater depth in helping you understand and maximize your Strengths.



WHY CHOOSE OHS?

KEVIN FRENCH-MD: CORE WEALTH

"As a business, one of the things we have enjoyed so far working with OHS is that they have pushed into understanding our business and creating a sense of partnership. Overall, something I have appreciated as a business owner is knowing that I am not just paying a fee for a product, but we are also getting people who are thinking about how we can do our business better."

LISA CURREY-MD: HAMILTONS IN CREATIVE CO.

"It has been the best investment the business has made to date, as it has been an investment directly into the staff. Staff have been invested in, which has resulted in them being more invested in the business and its interests. From a performance point of view, all the staff want to do is excel. Team leaders have been able to start using this tool to identify and utilize the strengths in their teams within their departments, resulting in teams working in more supportive environments, thanks to better understanding and knowledge of the staff member."

RIAAN AGGENBAG - CEO: AFRICAN SAFARI GROUP

"In partnering with OHS we found that we could use the CliftonStrengths tool to discover what makes people 'tick' and what drives them towards success and satisfaction. We also found that including OHS in the hiring and promotion process has provided key insights on prospective employees. On a personal level, knowing the things that naturally put the wind in my sails, and doing more of that, is priceless."



SANDY SMITH - PRINCIPAL: KENRIDGE PRIMARY SCHOOL

"The clarification of strengths truly has been a gain in our organization. We have found that since we implemented the CliftonStrengths tool with our management team, conflict management and crucial conversations have become a lot more effective. This strengths-based approach to development has a long-lasting impact on the staff because it assists us in realizing what motivates and inspires our staff and in turn, what this brings to the classroom environment."

TERTIA WILLETT - HR MANAGER: INDUSTRIAL BAKEWARE COMPANY

"The Organizational Health Solutions team is a highly recommendable energetic team of consultants that is a must for your organization if you would like to see positive and sustainable change. The insights into each personality and team is spot on and it's brought the gold out of the staff team. Already we can see the positive change in how the employees relate to one another."

MORE THAN 90% OF FORTUNE 500 COMPANIES USE CLIFTONSTRENGTHS TO BOOST THEIR PERFORMANCE.

