

Leadership from Within:
Unlocking Inherent Strengths for Optimal Performance
Stacey Chazin, MPH, MSODL

Identifying Your Peak Experiences

1. Describe a time when you felt most effective, energized, and/or proud of your contribution(s) at work.

2. What specific actions did you take in this situation?

3. What values were you expressing?

4. What skills or strengths were you demonstrating?



Strengths Activation Plan

My top three leadership strengths:

1. _____
2. _____
3. _____

Strength I'm choosing to activate intentionally:

How this strength shows up naturally for me:

One situation/opportunity in the next 30 days where I'll apply this strength intentionally:

What this will look like in action (i.e., observable behaviors):

How I'll know using my strength made a difference:



Continuing the Conversation

What if you had practical ways to identify what's already strong and use those strengths with greater intention?



Stacey Chazin, MPH, MSODL, helps individuals recognize their strengths, communicate their value, and lead in ways that are authentic, sustainable, and effective.

Through keynotes, workshops, and coaching, Stacey supports organizations to move beyond fixing what's wrong and begin building on what is already strong — turning strengths into greater confidence, contribution, and impact.

Work with Stacey



Keynotes & Workshops

Ignite strengths-based performance, leadership, and team culture by helping people use their strengths in everyday tasks, conversations, and collaboration.



Coaching for Introverted and Quieter Professionals

Help quieter professionals leverage their natural strengths to perform at their best, protect their energy, stay engaged, and grow as leaders in ways that feel authentic and sustainable.

Let's Talk



Scan the QR code to learn more about Stacey's keynotes, workshops, and coaching, or reach out to start a conversation.

Website: <https://ifactorleadership.com>

Speaking: <https://staceychazin.com>

Email: stacey@ifactorleadership.com

