



StrongSuits®

Certified Facilitator Training

*A Highly Interactive Game that
empowers you to Build Stronger Teams
that Play to their Strengths.*



INNOVATE
CONNECT
CREATE



EMPATHY
TRUST
TOGETHER



VALUE
CLARITY
FOCUS



STRATEGY
LEADERSHIP
DIRECTION

COMPETENCY
DEVELOPMENT
IS ALL WE DO.

WHAT IS STRONGSUITS?

StrongSuits is a people and team development tool based on four insights from modern psychology.

- People perform best when they play to their strengths
- How we perform is driven by our mindset
- People interact and communicate in different ways
- Diversity makes teams stronger

It is a powerful strengths-based approach to building stronger teams which uses playing cards and games to get teams having fun and feeling energized, while generating high-impact conversations about how people behave and how they can develop. The card games encourage people to talk about their strengths, and how they work together with others. The tool is specifically designed to build psychological safety in teams, and can be used for team coaching or wider performance development.

THE CERTIFICATION STRUCTURE

The StrongSuits® Certified Facilitator Training is being offered as a way to equip facilitators in implementing the 12 Flagship Games. The training is spread over 3 days to cover 2 parts, each with a distinct focus:

- **Part 1** - experience workshops as a participant in the group to understand the power of StrongSuits as a group or team member.
- **Part 2** - gain hands-on practice by facilitating games yourself and exchanging feedback with each other, giving you the confidence and everything you need to get started right away using StrongSuits.

There is an optional additional half day coaching for facilitation practice.

WHY CHOOSE STRONGSUITS

At the end of this training, facilitators will learn:

- Techniques to highlight and optimize individual and team strengths
- Strategies to improve communication and facilitate conflict management
- Foster deeper empathy and drive effective collaboration
- Methods that increase confidence in delivering workshops that help create and sustain psychological safety
- Includes official StrongSuits Team Insights™ Foundation cards
- Gain exclusive access to an online community of StrongSuits-certified facilitators.

WHO THIS CERTIFICATION IS FOR

- Team Coaches, Facilitators, Agile Coaches
- Leaders in HR, Talent, Culture, L&D, OD
- Universities and Academic Institutions
- Organisational Change Agents
- Leaders & Managers



WHAT YOU WILL COVER:

Flagship Games

Your Winning Hand

You will identify your own strengths and develop an appreciation of the group's strengths; 3 Games - Team, Solo, Let A Colleague Choose

You'll identify how you and others prefer to interact, how you deal with conflict and how you handle responsibility

Your Opposite Number

You'll develop an appreciation of the cognitive diversity in the group and how this contributes to team performance

You'll identify how your interaction style changes under stress/negative conditions

At Your Best.. and Even Better If..

You'll learn a powerful technique to appreciate each other's strengths and to give and receive constructive feedback on areas for growth

A strengths-based real-life application activity with 3 variations

Transforming Allergies

You'll identify what qualities in others you might be allergic to and a simple yet powerful tool to transform those allergies

You'll learn a simple way of identifying and transforming self-limiting overplayed strengths.

Your StrongSuit®

Your ShadowSuit

Let's Organise a Party

Transforming Overplayed Strengths



TRAINER PROFILE

Joselito Abadicio de Mesa

With over 35 years of global experience across Asia, Africa, and the Middle East, Joselito (Joel) is a dynamic, high-energy facilitator who specializes in transforming team dynamics, leadership capability, and organizational culture.

Since 1998, Joel has designed and delivered impactful learning initiatives—including Train-the-Trainer (ToT) programs—for corporate teams, academic institutions, and regional NGOs across ASEAN. A skilled curriculum designer and strategic facilitator, he excels at uniting diverse groups around shared objectives while fostering high psychological safety.

Renowned for his charismatic, interactive, and learner-centric style, Joel balances practical business outcomes with deep relationship-building. His sessions empower participants to challenge their perspectives, elevate their professional practice, and walk away with both the confidence and tools to lead lasting change.



HRDC Claimable



Programme Details

Check the public program pricing and date on our website www.cedr.com.my. Also available in an in house format.



For further information, please contact CeDR at 03-3344 7310 or lgrouplearning@cedr.com.my

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30 YEARS OF
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GROWING
MINDS,
GROWING
OPPORTUNITIES