

Joan Nosal of T.R.I. Life Coaching to be Featured on CUTV News Radio

CHAGRIN FALLS, OHIO, USA, March 24, 2015 /EINPresswire.com/ -- When seeking to enhance your productivity at work, it's natural to focus on skills you lack or need to improve. But according to a recent Gallup study into human behavior, you won't gain any ground working on your weaknesses. Rather, you should be dedicated to maximizing your [strengths](#).

Joan Nosal is a board-certified coach and the founder of T.R.I. Life Coaching, where she helps her clients identify and explore their talents to develop their strengths and unleash their potential.

"The definition of a strength is a task you can complete to near perfect performance in a positive direction," says Joan. "Developing your talents into strengths ensures your ability to work at near perfect performance every time."



Sometimes we develop our strengths haphazardly. We fall into developing them but they're not congruent with who we really are. Joan helps her clients to uncover their talents through a unique assessment tool: [Gallup StrengthsFinder](#).

Gallup StrengthsFinder outlines a person's top five strengths from 34 unique talents. Only one in 33 million people will share the same top five talents as you. Joan says it's important to know your strengths so you can further develop and refine them.

"How do you approach your life with power and edge? What are the resources you have to support yourself? What are your needs?" asks Joan. "We're assessing how you think, feel and behave."

As a Gallup Certified Strengths Performance Coach, Joan works with executives and leaders to learn about their strengths and enhance the application of their strengths.

"When I work teams and groups, it's quite incredible," says Joan. "I can walk into an office with a lot of tension and disunity, but when we begin to identify everyone's individual strengths, they can see where one person's strength may be clashing with another person's strength. They return to their conflicts and issues with a greater understanding."

According to StrengthsFinder, Joan is a “learner.” She says as a coach it helps to be curious about her clients and want to know more about them. She looks at each person as an individual and caters her coaching to each person.

“I don’t coach or train or present anything I haven’t lived. It’s authentic,” says Joan. “If I can influence people to live a life of satisfaction and positivity where they can be all they were created to be, that rocks my world.”

CUTV News Radio will feature Joan Nosal in an interview with Doug Llewelyn on March 27th at 10am EST.

Listen to the show
<http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.



For more information on T.R.I Life Coaching, visit <http://www.trilifecoach.com>.

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