

STRENGTH-BASED COLLECTIVE BRIEF



JANUARY
2023

WHAT ARE THE KEY ELEMENTS OF A STRENGTH-BASED APPROACH?

A strength-based approach is a way of looking at people and situations that focuses on their strengths, abilities, and positive qualities rather than their weaknesses or limitations (Tanas, 2020). The key elements are:

- **Identifying and building on individual strengths:** Strength-based approaches focus on knowing and using one's unique strengths and abilities, rather than trying to "fix" their weaknesses (Linley et al., 2010).
- **Focusing on positive aspects:** Instead of focusing on problems or negative aspects of a situation, a strength-based approach focuses on the positive aspects and looks for ways to build on them (Linley et al., 2010).
- **Empowerment:** A strength-based approach empowers individuals to take control of their own lives and make positive changes (Zhang & Li, 2012).
- **Collaboration and partnerships:** In a strength-based approach, individuals are encouraged to work together and form partnerships to support one another and achieve common goals (Linley et al., 2010).
- **Resilience:** A strength-based approach focuses on helping individuals develop resilience and how to bounce back from setbacks or challenges (Tanas, 2020).

Overall, the goal of a strength-based approach is to help individuals and communities thrive and achieve their full potential by identifying and building on their strengths (Tanas, 2020). To learn more about incorporating strength-based practices in schools, check out *Hacking Deficit Thinking: 8 reframes that will change the way you think about strength-based practices and equity in schools* by Byron McClure and Kelsie Reed.

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