

STRENGTH-BASED COLLECTIVE BRIEF



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5 REAL LIFE EXAMPLES OF A STRENGTH-BASED APPROACH

What does a strength-based approach look like in action? Here are 5 real life examples:

- 1 **A TEACHER** creating a personalized learning plan for a student based on their strengths, rather than focusing on their weaknesses. This approach helps the student to build confidence and motivation in their learning. For example, a student who has a strong visual memory could be provided with more visual aids and diagrams to help them understand a concept.
- 2 **A THERAPIST** using strength-based techniques to help a child with social anxiety build self-esteem and self-efficacy by identifying and emphasizing their strengths and abilities. For example, the therapist could help the child identify their strengths such as their ability to empathize with others, and then work with the child to develop skills to help them build stronger connections with others.
- 3 **A PARENT** working with their child to set goals and create a plan for achieving them, focusing on building on the child's strengths and interests rather than trying to fix their perceived weaknesses. For example, a child who has a passion for music could be encouraged to pursue music lessons and opportunities to perform, which will help them build self-confidence and a sense of accomplishment.
- 4 **A SCHOOL COUNSELOR** working with a group of students to identify and build on their strengths to improve their academic performance and overall well-being. For example, the counselor could conduct a strength-based assessment to identify each student's unique talents, and then work with them to develop strategies to apply those strengths to their academic work.
- 5 **A COACH OR MENTOR** providing guidance and support to an individual by focusing on their strengths and helping them to develop strategies to overcome any challenges that may arise. For example, a coach could work with an athlete to identify their strengths, such as their speed and agility, and then develop a training plan that focuses on building on those strengths to improve their performance. Additionally, the coach could work with the athlete to develop strategies to overcome any weaknesses or challenges they may encounter.

A strength-based approach can be adopted in a number of situations and you don't have to be an expert to get started!

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