

Who am I?

Thinking about your strengths

Help your child to recognise their strengths

It is really important that your child is able to recognise their own personal strengths. This can be a lot harder than you think, especially when they then need to think about how that strength relates to the job opportunity that they are looking at. Below, we have listed a range of different strengths that your child may feel that they have.

Step 1: Recognising your strengths

Together with your child, look at the words listed below. Have a discussion about each word and talk about if, and how, it relates to them.

- | | | | |
|--|--|--|--------------------------------------|
| <input type="checkbox"/> Able | <input type="checkbox"/> Decisive | <input type="checkbox"/> Gifted | <input type="checkbox"/> Organised |
| <input type="checkbox"/> Accurate | <input type="checkbox"/> Dedicated | <input type="checkbox"/> Hardworking | <input type="checkbox"/> Patient |
| <input type="checkbox"/> Adaptable | <input type="checkbox"/> Dependable | <input type="checkbox"/> Helpful | <input type="checkbox"/> Perceptive |
| <input type="checkbox"/> Alert | <input type="checkbox"/> Desire to succeed | <input type="checkbox"/> Highly motivated | <input type="checkbox"/> Persistent |
| <input type="checkbox"/> Ambitious | <input type="checkbox"/> Determined | <input type="checkbox"/> Honest | <input type="checkbox"/> Polite |
| <input type="checkbox"/> Analytical | <input type="checkbox"/> Diplomatic | <input type="checkbox"/> Imaginative | <input type="checkbox"/> Positive |
| <input type="checkbox"/> Articulate | <input type="checkbox"/> Diverse | <input type="checkbox"/> Impressive | <input type="checkbox"/> Practical |
| <input type="checkbox"/> Assertive | <input type="checkbox"/> Drive | <input type="checkbox"/> Insightful | <input type="checkbox"/> Pro active |
| <input type="checkbox"/> Astute | <input type="checkbox"/> Dynamic | <input type="checkbox"/> Inter personal skills | <input type="checkbox"/> Punctual |
| <input type="checkbox"/> Bright | <input type="checkbox"/> Educated | <input type="checkbox"/> Independent | <input type="checkbox"/> Rational |
| <input type="checkbox"/> Capable | <input type="checkbox"/> Effective | <input type="checkbox"/> Innovative | <input type="checkbox"/> Reliable |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Efficient | <input type="checkbox"/> Initiative | <input type="checkbox"/> Resourceful |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Energetic | <input type="checkbox"/> Intelligent | <input type="checkbox"/> Responsible |
| <input type="checkbox"/> Committed | <input type="checkbox"/> Enjoy a challenge | <input type="checkbox"/> Intuitive | <input type="checkbox"/> Supportive |
| <input type="checkbox"/> Common sense | <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Keen | <input type="checkbox"/> Tactful |
| <input type="checkbox"/> Competent | <input type="checkbox"/> Fast learner | <input type="checkbox"/> Knowledgeable | <input type="checkbox"/> Team player |
| <input type="checkbox"/> Computer literate | <input type="checkbox"/> Fast worker | <input type="checkbox"/> Leadership skills | <input type="checkbox"/> Tenacious |
| <input type="checkbox"/> Consistent | <input type="checkbox"/> Flexible | <input type="checkbox"/> Loyal | <input type="checkbox"/> Thorough |
| <input type="checkbox"/> Cooperative | <input type="checkbox"/> Focused | <input type="checkbox"/> Mature | <input type="checkbox"/> Trustworthy |
| <input type="checkbox"/> Cope under pressure | <input type="checkbox"/> Friendly | <input type="checkbox"/> Methodical | <input type="checkbox"/> Versatile |
| <input type="checkbox"/> Creative | <input type="checkbox"/> Good communicator | <input type="checkbox"/> Objective | <input type="checkbox"/> Willing |

Step 2: Your top 5

Once you have had a good chat about the words and they have hopefully identified a number of personal strengths, ask your child to pick their top 5 and to make some notes about times when they have demonstrated that strength that could be used on a CV or application form. They can then keep this safe to help them with future applications.

Word	Short example
1.	
2.	
3.	
4.	
5.	