

STRENGTHEN PERSPECTIVE

1) Think to a problematic young person you work with and try to describe him/her in three lines:

2) Usually people describes problematic young persons in a negative way, focusing on their risk factors rather than on their strengths. Did you take the same approach?

3) Now think to the same problematic young person and try now to identify 3 strengths:

4) Have been easy or difficult? Are the strengths connected to the environment you work in or are exclusively related to the person?

5) Now look at the following image and think about possible additional strengths related to the problematic young person you work with.

STRENGTHS POINTS!

wisdom	courage	humanity	transcendence	justice	moderation
<ul style="list-style-type: none">creativitycuriosityjudgementlove of learningperspective	<ul style="list-style-type: none">braverypersistencehonestytest	<ul style="list-style-type: none">lovekindnesssocial intelligence	<ul style="list-style-type: none">appreciation of beautygratitudehopehumourspirituality	<ul style="list-style-type: none">teamworkfairnessleadership	<ul style="list-style-type: none">ingenuitymodestyprudenceself-control

<https://positivepsychologyprogram.com/classification-character-strengths-virtues/>

Co-funded by the Erasmus+ Programme of the European Union
