

TIME	ACTIVITY	TOOLS
Make sure you have 30 mins available to prepare your group before it starts.	<p>Preparation before the session</p> <ol style="list-style-type: none"> 1. Ensure audio visual technology is set up 2. Flip chart or white board and markers 3. Print individual participants handouts for those who would like to do some further self-paced activity <p>Allow up to ONE hour to complete your group.</p> <p>Facilitator’s Tip: ~ For some people, listing their own strengths or recognising positive traits within themselves can feel like strange experience. Make sure you allow time and reduce the pressure for a person to think of their answers. You could even provide a warm-up activity before this group if you feel it would benefit.</p>	<p>Smart TV/Computer Print handouts of participant handout</p>
5 mins	Acknowledgements – Welcome to Country and Lived Experience	
10 mins	<p>Discuss Aim and Objectives (display for everyone to see): Can be accessed here.</p> <p>LEARNING AIM: To acknowledge one’s strengths and weaknesses, understand the value behind this and apply this knowledge to one’s own circumstances</p> <p>LEARNING OBJECTIVES:</p> <ol style="list-style-type: none"> 1. Learn definition of strengths and why it important. 2. Engage in practical exercises to establish personal strengths 3. Identify how this knowledge can add value and enhance one’s life. 	<p>Can be displayed on smart TV or computer White-board or paper</p>
5 mins	<p>Watch the video Strengths (4:44 mins in length): https://www.youtube.com/watch?v= uJdZ4erk2Y</p>	<p>Computer or smart TV</p>
30 mins	<p>After having watched the video head to Activity A. Be sure to read through the information in green from the participant resource. You can encourage participants to read but make sure everyone is able to hear the passage. This Activity is broken into three parts, remember to make the exercise is conversational and open.</p>	<p>Participant Resource, pens, whiteboard.</p>

	A white board can be used to help the group come up with ideas if needed. Head to Activity B , work together and go around the group for open discussion.	
5mins	Reflection Come back to the outcomes and aim, ask your group the key messages they took away from the group.	
5mins	Hand out feedback form and collect (scan and send back to L2B team after you group)	Feedback forms QR code available on L2B site
5 mins AFTER YOUR GROUP	Self-Reflection (This is time for you to reflect on your own strengths and challenges) <ol style="list-style-type: none"> 1. What were the strengths of this group? 2. What could be improved on next time? How could I do this differently? 3. What area's might I need extra support in? how will I action this? 4. Were there any major issues or positive points you'd like to inform the L2B coordinator about? (email through) 	Fill out in a workbook, diary

Strengths

Aim:

To acknowledge one's strengths, understand the value behind this and apply this knowledge to one's own circumstances.

Objectives:

1. Learn the definition of strengths and why this is important
2. Engage in practical exercises to establish personal strengths.
3. Identify how this knowledge can add value and enhance one's life

Participant Resource

ACTIVITY A – Strengths

First, watch the video.

People who know their strengths and use them every day tend to feel happier, have better self-esteem, and are more likely to complete their goals. The activity below will help you enter the strength-spotting mindset.

You will notice the video discussed the concept of ‘weaknesses’ and challenges. But what does this have to do with building a person’s strengths? By recognising both your strengths and the things that challenge you, you will be in a better position to gather supports or apply and learn the skills needed that help to support you through the things that challenge you.

Activity A Thinking about a fictional character

1. Name an inspiring character from a movie, book, or TV show:

Tip ~ It is not always easy to think of the answer on the spot. It may help to firstly think of your favourite movies/shows/books first. (it can even be a show from your childhood!) Can you pull a favourite or interesting character from here? You might find you connect with or have things in common with this character.

2. List this character’s strengths:

3. Describe how they use their strengths to overcome challenges, or in everyday life:

Strengths– Session Plan & Participant Resource

Thinking about an inspiring person you know:

1. Name an inspiring person you know:
2. List their strengths:
3. Describe how they use their strengths to overcome challenges, or in everyday life:

Think about yourself

1. List your strengths:
2. Describe how you use your strengths in everyday life:

Activity B – Strengths

- 1. Based on your answers has anything surprised you or stood out to you? In your own words can you define what 'strengths' means to you?**
- 2. How did you feel doing this exercise?**
- 3. Are there areas in your Individual Recovery Plan that could be expanded on based on using or developing confidence in your strengths?**