

Lesson 1: A Strengths-Based Approach – What it is & Why it Works

Bringing Strengths into Focus

Implementing a Strengths-Based Approach takes intention and focus. Take this opportunity to reflect on what you learned in Lesson 1 about what a Strengths-Based Approach is and why it works.

REFLECT ON LEARNING: Think about all the things you learned in today’s lesson about a strengths-based approach. What most stood out to you and why?

BRINGING STRENGTHS INTO FOCUS:

What are some ways you could “shift your perspective” to bring more of a strengths-based approach (looking at what’s right, what’s going well, focus on outcomes, etc.) when working with the following:

Employees in your organization:

Teams in your organization:

Yourself:

**Thank you for completing this worksheet.
You are now ready to move on to Lesson Two!**