



## **STRENGTH BASED ASSESSMENT FACTS**

### **Values**

- Individuals are unique and each possesses strengths to be built upon.
- Change is promoted by building on strengths.
- While people may have difficulty articulating their strengths and needs, they usually know what they are.
- A strength based approach to meeting needs recognizes successes amidst challenging circumstances.
- Strengths exist in relationships, cultures, and communities.

### **Categories**

- Strengths can be found in attitudes and values.
- Strengths can be found in skills and abilities.
- Strengths can be found in characteristics and personality traits.
- Strengths can be found in preferences and stylistic approaches.
- Diversity is a strength:
  - Diversity of approach
  - Diversity of experience
  - Diversity of expertise
  - Diversity of opinion
  - Diversity of social network

### **Guidelines**

- Observe and state strengths rather than ask what the strengths of the youth and family are.
- Generate casual discussion around observed strengths.
- Impart hope regarding successes and strengths.
- Celebrate successes and emerging strengths.
- Have team members share strengths.
- Create a strength based culture.