



TALK CARDS



Discuss: what are your most common strength combinations - which top strengths do you combine for best effect?



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What is a strength you would like to develop? Why? How could you call on a top strength to help you? Which one would you choose?



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What strengths have helped you during challenging times in the past? How could you use these now? Visualise a successful outcome to current challenges - what strengths are you employing?



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How can you focus on what is 'strong' instead of what is 'wrong' in the people around you? Try to spot a strength in 2 people you encounter today. If you're in lockdown you can do this virtually or over the phone. You can even spot strengths in TV characters.

