

## Strengths Movement Tip Sheet



### WHAT CAN I DO RIGHT NOW?

#### For Parents

##### Of young children:

- Begin to recognize the unique qualities that differentiate your child from others. See those as potential strengths to be cultivated, not as weaknesses to be snuffed out.
- Encourage your child to talk in as much detail as possible about activities he or she has completed as a means to reflect. Start a Strengths Journal to document these conversations.
- When you read to your child, initiate a discussion specifically about the strengths in the characters you are reading about.

##### Of teens:

- Try to listen to what they want without imposing your own autobiography on them.
- Check the expectation that they will like everything you did or be good at what you were good at.
- Brainstorm an informal inventory of current and past activities and discuss them to focus on possible areas of strength.
- Guide discussions with teachers to observable strengths, not just deficits. Request specificity.

#### For Husbands and Wives

- Notice what strengths your spouse has, comment on them.
- Try to see conflicts through a strengths lens. Work through conflicts strength to strength rather than seeing weakness in the other.

##### *Husbands and Wives continued...*

- Try to avoid communication with your partner when you are feeling badly or negatively toward them.
- Keep a shared strengths journal where each partner notes positive specific strengths about the other.



#### For Schools

- Structure conferences with parents to become intentionally strengths oriented. Balance discussion of student issues.
- Have teachers take *StrengthsFinder* and share the results which each other within teams or divisions.
- Make a commitment to highlight student strengths schoolwide.
- Create an institutional strengths inventory.



#### For Businesses

- Sponsor a local school, encourage them to adopt the Affinities Program and then have employees serve on Presentation of Learning committees.
- Volunteer participation in any career activities where students visit local businesses.
- Support your employees' families by being a true Human Resource provider, give *Your Child's Strengths* to your employees.
- Highlight your commitment on the Strengths Movement website.