

UNDERSTANDING YOUR STRENGTHS

STEP ONE: IDENTIFY YOUR STRENGTHS

Tick or highlight the strengths that sound like you:

LISTENING	☐
SPEAKING	☐
PROBLEM SOLVING	☐
CREATIVITY	☐
ADAPTING	☐
PLANNING	☐
LEADERSHIP	☐
TEAMWORK	☐

NOW CHOOSE 3 STRENGTHS:

STRENGTH 1:

STRENGTH 2:

STRENGTH 3:

STEP TWO: WHERE HAVE YOU USED THEM?

Think about:

SCHOOL	COLLEGE	POST 16 PROVIDERS	SPORTS	PART-TIME JOBS
HOME RESPONSIBILITIES		HOBBIES	WORK EXPERIENCE	



YOUR EXAMPLE

STRENGTH 1:

WHERE HAVE YOU USED IT?

STRENGTH 1:

WHAT DID YOU DO?

**STRENGTH 2:**

WHERE HAVE YOU USED IT?

STRENGTH 2:

WHAT DID YOU DO?

STRENGTH 3:

WHERE HAVE YOU USED IT?

STRENGTH 3:

WHAT DID YOU DO?

STEP THREE: NOW TURN IT INTO A STRONG ANSWER**Use this simple formula to help you:**

What your strength is + Where you used it + What happened

**QUICK
TIPS****A weak answer would be:***"I'm good at teamwork"***But, a strong answer would be:***"My strength is teamwork, which I demonstrated while playing football, enabling my team to work together successfully and win more matches."***NOW BUILD YOUR OWN ANSWERS!****YOUR EXAMPLE****STRENGTH 1:**

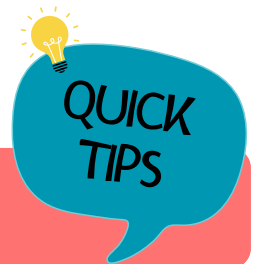
STRENGTH 2:

STRENGTH 3:

STEP FOUR: USE THESE EXAMPLES IN INTERVIEWS

You will be asked questions like:

- "What are your strengths?"
- "Tell me about a time you worked in a team."
- "What are you good at?"



REMEMBER:

Always give an example!

EXAMPLE

"Tell me about a time you worked in a team."

NOW YOU GIVE IT A GO!

Pick one strength and answer using STAR:



YOUR EXAMPLE



FINAL CHECKS

Ask yourself these following questions:



Did I give a real example?

☐

Did I explain what I did?

☐

Does it sound believable?

☐

Would an employer understand it?

☐

REMEMBER:

Don't overthink it! Everyone has strengths, but giving a strong example of how you've used yours can help you stand out from the crowd.

