

What are Strengths?

- Talents
- Skills
- Knowledge
- Interests
- Dreams/Hopes/Goals
- Creativity
- Culture
- Passion
- Connections

What is Strengths Based Approach?

Emerging from the field of social work, it is a set of ideas, assumptions, and techniques:

- People are active participants in the helping process (empowerment)
- All people have strengths, often untapped or unrecognized
- Strengths foster motivation for growth
- Strengths are internal and environmental