

Strengths I Use Often

These are the things I do well, enjoy, and get to do often.



Moral Compass

You are a very moral person with strong ethics. You are very aware of the difference between right and wrong. You always act in the way you believe is right. Your decisions and actions are always guided by your ethics and values. You're most likely to say "I just have to do the right thing."



Hard Worker

You are an extremely hard worker. You put a lot of effort and energy into your work. You enjoy putting in extra hours and are capable of working longer than most other people. You know that you work harder than others and you enjoy it. You're most likely to say "You only get out what you put in."



Pride

You take pride in everything that you do. You focus on delivering quality work that's of the highest standard. From the work you do at school, college or in your job, to how you look, it's very much a case of, "Only the best will do."



Responsible

You pride yourself on keeping your promises and doing what you've said you'll do. Being responsible is at the heart of who you are. Whether it's keeping a promise to a friend or delivering your work on time, you'll do it. "You can count on me" is something you are likely to say.



Orderly

You love to follow guidelines and do things step-by-step. You have a natural focus on taking the right approach and feel most comfortable completing tasks that have clear steps and stages. In a group you're the most likely to say, "Rules are there to be followed."

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Ruben Avis's Strengths

(01/02/2022)



Writer

You have a natural talent for writing. You might write blogs, or stories for your school or college magazine. Look for opportunities to develop this ability more. You could try to write things that are longer, or more complex, or covering subjects that are new to you. You get a buzz when other people read what you have written and they like it.



Debater

You see things differently to other people, so you're able to offer an alternative point of view. You might argue the case as to why you support the team you do or why one film is better than another. Look for opportunities to do this more at school and with friends, you'll find you can always start the debate.



Explainer

You have a natural talent for explaining things clearly to people so that they understand. Whether it's giving someone directions, explaining a problem, or just showing them the way something works, look for opportunities to use this strength to make a real difference. When you see someone having difficulty understanding something, step in and see what you can do to help.

Your strengths themes are the overall groups of strengths that best represent you. We calculate your strengths themes based on your responses to the strengths questions. From your responses, we have calculated your strengths themes as 'Valuing' and 'Communicating'.

Using these strengths themes, you can find below some suggestions for option choices, leisure activities and career suggestions. We've selected these suggestions for you to match your strengths theme, in order to help you make the most of your strengths.

Valuing

You have a valuing strengths theme, which means that you are more naturally focused on the things that are important to you. You live your life in line with your beliefs and the things that matter to you.

Communicating

You're a natural communicator, which means that a focus on speaking, listening and giving feedback to others comes easily to you.

My Career Suggestions

So, what types of courses or careers do people with a valuing strengths theme choose? Because you are more naturally focused on what is important to you, you may be more suited to careers that allow you to demonstrate this. These careers could involve social and community work, charity work, environmental and youth work, or any other type of work that is well-fitted with your values.

My Option Choices

So, how might a valuing strengths theme help you choose the subjects you take? Because what you do in relation to your values is important to you, you should consider subjects like environmental science, philosophy, religious studies, politics, history and sociology.

My Leisure Activities

In your spare time, with a valuing strengths theme, you might enjoy leisure activities such as volunteering, yoga, social and community work, reading, and spending time helping others.

My Employability

Employability is all about being work ready - it helps you to secure a great job and succeed at work. There are six different aspects to your employability, indicating to employers how well you are likely to fit in with your new team, take on responsibility, manage yourself and quickly perform well. Here you can explore your current and future level of employability, based on your responses to the Realise2 strengths assessment.

Positive Attitude

So, what types of courses or careers do people with a communicating strengths theme choose?

Employers look for people with a willingness to take part, contribute and get things done; people who are resourceful, optimistic and open to change and new ideas.

Working with careers that things happen. You're usually a positive person with a can-do approach. You often take part in group activities and contribute to achieving goals. You express your ideas and opinions with others and ensure tasks are finished on time. To make the most of your drive to make things happen, be open to new ideas.

So, how might a communicating strengths theme help you choose the subjects you take? Because you're good at communicating with others, you should consider subjects like languages, art and design, media studies, psychology, health and tourism, and graphic communication.

In your spare time, with a communicating strengths theme, you might enjoy leisure activities such as writing for your college paper/website or writing short stories, joining a local debating team, blogging, or socialising with friends.

Self-Management

Employers look for people who are flexible, resilient and assertive; people who will manage their time, tasks and workload; people who take responsibility for improving their own performance through seeking feedback.

You manage your time well. You're normally punctual and prepared. Good planning usually helps you get your work done on time. You regularly take responsibility for managing how well you're doing and what you want to achieve in the future. You know when to ask for help and you rarely give up when things get difficult. Find people who you can ask for feedback and advice.

Teamworking

Employers look for co-operative and contributing team members; people who are considerate and respectful towards their colleagues; people capable of negotiating with and persuading others when necessary.

You're a team player. You're likely to build good relationships with others and you're likely to take part in team discussions. You're good at listening, persuading and negotiating and respect the role of each team member. Teams come in different shapes and sizes. Improve your teamworking approach by watching the people who do best in a team. Explore what you can learn from them.

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Problem Solving

Employers look for people who are able to analyse the details of a situation or problem, understand the cause and then apply creative thinking to develop effective solutions.

When it comes to solving problems, you generally look at the situation and the facts to help understand the cause. You tend to explore possible solutions before coming to a decision. Maximise this further by ensuring that you evaluate your solutions each time. What worked well? What didn't go so well? What will you do differently next time?

Business and Customer Awareness

Employers look for people who have a basic understanding of what drives success in their business, who their customers are, and what determines customer satisfaction and loyalty.

You understand business and what good customer service is. In a work situation you're likely to understand what success means for the business. You have some understanding of how your job contributes to the organisation's overall goals. You're likely to put yourself in other people's shoes, including colleagues and customers. Fast-track this understanding by identifying people who can help you build your knowledge of business and customers.

Entrepreneurship and Enterprise

Employers look for people who explore better and innovative ways of doing things at work; people who are willing to push the boundaries and take risks to achieve success.

You can be an enterprising person. You may use your initiative and identify different and better ways of doing things. You often understand the bigger picture and are willing to take some risks to achieve better results. Think about how you can develop your confidence and learn new ways of getting your ideas off the ground. Identify a more experienced mentor who you can talk to about your ideas.