

## Strengths I Use Often

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



### Curiosity

You're inquisitive by nature and are interested in everything. You love exploring and finding out about new things, seeing where your curiosity will lead you. You'll always try to find out more about the things you like, whether it's about celebrities, what's happening with your friends, or finding out more about the bands you're into. You're most likely to say, "Tell me more..."



### Emotional Awareness

You are an excellent judge of people's emotions and feelings. You have a keen eye and an intuitive ear. These help you pick up on the subtle clues that people give out. You notice these clues and understand them quickly. You sense how other people are feeling. You're most likely to say "I know how you feel."



### Compassion

You have an open heart and care about all of the people around you. You want the best for everyone and offer sympathy and support to others, especially in times of sadness. When people are unhappy, you look for the right thing to say. You take action to help people in whatever way you can. You're most likely to say "I feel your pain."



### 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."

## Strengths I Use Less Often

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



### Resilience

You're naturally able to cope with the setbacks and challenges that life throws at you. You can develop your resilience by learning from experience and recognising that things are rarely as bad as they first seem. When you share this with others, you can help them become more confident about their ability to cope as well. You might not want to seek out difficult situations, but at least you'll know that you can manage them when they happen.



### Detail

You have a natural talent for focusing on the smallest detail, mistakes just seem to jump out at you. You could be reading a magazine and spot an error, or notice that you've been given the wrong change. Look for opportunities to use this strength more. In your group of friends, you're the one most likely to be asked to look after all the arrangements to make sure they are right. It's what you do best.



### Orderly

You love to follow guidelines and do things step-by-step. You have a natural focus on taking the right approach, so look for opportunities where you can do this more. In a group, you could be the person who makes sure everyone does what they are supposed to be doing.



### Moral Compass

You're a moral person with strong ethics. You're aware of the difference between right and wrong. Your decisions and actions are guided by your ethics and values. Look for opportunities where you can show the values that matter to you.



### Service

You're a naturally helpful person, you get a great deal of satisfaction from doing what you can to help others. You'll help friends with their work, lend a hand to a neighbour and go that extra mile, exceeding people's expectations. You can be heard saying, "Nothing's too much trouble."



### Responsible

You are somebody who can always be relied upon. Keeping your promises is a way of life for you and people respect you for it. Look for opportunities to use this strength to the full and develop it further by taking on more responsibility in your life, whether at home or work. Show people that they can always count on you.

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 'Relating'.

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.

### Relating

You naturally relate to others, which means that you are good at building relationships with people; getting to know them, understanding them and helping them.

## 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 a match 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.

So, what types of courses or careers do people with a relating strengths theme choose? Because you're good with people, you may be more suited to careers that involve working with people. This could be careers like management, social work, youth work, child care, teaching, counselling, recruitment consultancy, health jobs (doctor, nurse, physiotherapist, health visitor), coaching, community work or reception work.

So, how might a relating strengths theme help you choose the subjects you take? Because you're good with people, you should consider subjects like care, politics, travel and tourism, early education and childcare, home economics, psychology, hospitality, and people and society.

In your spare time, with a relating strengths theme, you might enjoy leisure activities such as going out with your friends, team sports, and generally doing any leisure activity that allows you to be with people.

## 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

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.

You're usually a positive person with a 'can do' approach. You generally like making things happen. 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.

### 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.