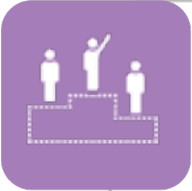


## Strengths I Use Often

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



### Competitive

You love to win and you want to be the best. It doesn't matter what - the best in your class, the funniest person in your group of friends or the best at sports. Whatever you take part in, you're focused on winning and being number 1. You'll often say to yourself, "It's all about winning."



### Debater

You enjoy being able to bring an alternative point of view to any situation. You can offer a range of options or possibilities. You like to bounce different ideas around and get people to see things in other ways. You will often be heard to say, "Or we could do it like this..."



### 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."



### 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."



### Decision Maker

You make good decisions quickly and easily. You enjoy looking at the proof to support a decision. You're confident that you will reach the right decision by looking at the facts. You're proud that your decisions stand up to challenge. You're most likely to say "On balance, it seems to me that..."

## Strengths I Use Less Often

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



### 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.



### Organiser

You like being well-organised. For you, everything has its place. Your order and organisation mean that you are effective in what you do. You know where things are and what to do when. Look for situations where having things organised in advance will really matter.



### 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.



### Service

You enjoy helping 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 look to develop this strength by using it more often in your everyday life. When you help others, it makes you feel good about yourself.



### Curiosity

You're interested in lots of things and ask lots of questions. You might want to find out more about your favourite pop star, dig into the background of your local area, or spend time on understanding how something works. Look for opportunities to use your curiosity to discover more about things that matter to you, there's always something new to learn.

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 'Thinking'.

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.

## Thinking

You're a thinker, which means that working out problems, being organised and knowing what to do about things comes naturally 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 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.

Valuing

So, what types of courses or careers do people with a thinking strengths theme choose? Because you're good at thinking things through and enjoy the challenge of solving problems, you may be more suited to careers that involve design, law, mechanics, administration and IT, tradeswork (plumber, electrician, gas engineer, carpenter) accounting, science, engineering, psychology, research or computing.

With a thinking strengths theme what subjects might you take? Because you're good at thinking things through, you should consider subjects like maths, science, computing, administration and IT, engineering, business, accounting, psychology, politics and history.

In your spare time, with a thinking strengths theme, you might enjoy leisure activities such as reading, chess, card games, computer games, puzzles, photography, fashion and painting.

Thinking

## 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.

## 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.

### 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.