

## Strengths I Use Often

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



### Resilience

You have what it takes to deal with setbacks and overcome difficulties. You enjoy the challenge of facing something difficult head on, and finding your way through it. It might be a relationship problem with one of your friends, a difficult goal that you want to achieve, or a tough decision you need to make. Whatever the setback, you'll cope and find your way through it. You'll always think, "I can do this."



### 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.



### Organiser

You love to be well-organised. Everything has its place, both in your work and your personal life. Your order and organisation mean that you are effective in everything you do. You always know where things are and what to do when. You have everything organised in advance. You're most likely to say "Everything has its place."



### 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."



### 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."

## Strengths I Use Less Often

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



### Persuasion

You have a natural talent for persuading others. You can convince friends to watch a film that you want to see, or to eat out at your favourite place. You can develop this strength by looking for opportunities where you can practice persuading others to agree with your choices. You'll find you are a natural.



### 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.



### Supportive

You have a natural focus on developing people and helping them to do things for themselves. You might help others to learn, or teach someone to become better at what they do. Look for opportunities where you can put this into practice more. If you see someone who needs support, offer to help them. You'll be amazed by the difference you can make.

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 'Motivating'.

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.

### Motivating

You have an ability to motivate, which means that you have the energy and drive to do things for yourself. You may also inspire this in others.

#### 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

Motivating

So, what types of courses or careers do people with a motivating strengths theme choose? Because you have the drive and energy to do things for yourself, you may be more suited to a role that will allow you to play this out. This could be jobs like being a personal trainer or coach, or working in construction, management, hospitality, emergency services, politics, tradeswork (plumber, electrician, gas engineer, carpenter), farming or running your own business.

With a motivating strengths theme, what subjects might you take? Because you have the energy and drive to get things done, you can put your mind to most subjects. You should consider those subjects which you're good at and you enjoy.

In your spare time, with a motivating strengths theme, you might enjoy leisure activities such as competitive sports, computer games, martial arts, running, swimming, endurance sports, going to the gym, attending events or concerts, and even relaxing.

## 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 a very positive person with a 'can do' approach. You love making things happen. You always take part in activities and contribute to achieving goals. You share ideas and opinions easily with others. You take the lead and make sure that tasks are completed on time. To ensure that you achieve what you want, work with others and inspire them with your enthusiasm.

### 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 always manage your time very well. You're punctual and prepared. Your good planning means you always hit your deadlines. You take responsibility for managing how well you're doing and what you want to achieve in the future. You always know when to ask for help and never give up when things get difficult. Stretch yourself by taking on bigger projects with more responsibilities.

### 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 strong team player. Other people want to work with you. You build good relationships with others. You're very active in team discussions. You're strong in listening, persuading and negotiating and always respect the role of each team member. Teams come in different shapes and sizes. Stretch yourself by being involved with bigger teams or temporary teams where you can make a difference.

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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 look at the situation and the facts and explore possible solutions before coming to a decision. Make the most of your problem solving ability by getting stuck into bigger and more complex problems. Where can you make the biggest difference? What's the toughest problem you can solve?

### 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 have a natural flair for business and understand what good customer service is. In a work situation you easily understand what success means for the business. You understand how your job contributes to the organisation's overall goals. You're able to put yourself in other people's shoes, including colleagues and customers. Make the most of your business knowledge by helping others to improve their own contribution.

### 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're a naturally enterprising person. You use your initiative, come up with new ideas and find different and better ways of doing things. You see the bigger picture and are willing to take calculated risks to achieve results. Increase your chances of success by building a network of people who will help you achieve your goals.