



**KNOW YOUR STRENGTHS  
FOCUS ON WHAT YOU CAN CONTROL**

## LEARNING OBJECTIVES

- Emphasize the importance of resilience
- Understand the role of strengths
- Identify your strengths
- Focus on what you can control





## AN UNCERTAIN WORLD

- When we are facing high levels of uncertainty and change, it can feel overwhelming.
- Chronic stress can rewire the brain to think in a more negative way; shifting our perception of ourselves and the world.
- All this can make us feel more powerless and less positive.
- By knowing our strengths and drawing on these during difficult times, we can feel more empowered and resilient.

## WHAT IS RESILIENCE?

- The ability to bounce back in the face of adversity
- Remembering this too shall pass
- Holding the negative and positive side by side
- Built by positive emotions
- An attitude
- A muscle that we can build
- Can be a way of life





## WHAT ARE STRENGTHS?

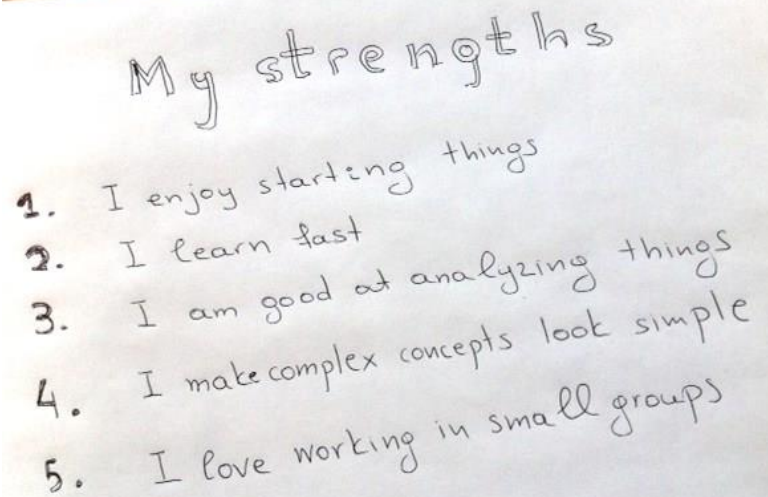
- Tasks or actions that you can do well
- Include talents, knowledge, skills, and personality traits
- People use these traits and abilities in their daily lives to complete work, relate with others, and to achieve goals
- Everybody has them
- **Not everybody knows them**



## WHAT ARE YOUR STRENGTHS?



What  
Are Your Strengths?

- 
- My strengths
1. I enjoy starting things
  2. I learn fast
  3. I am good at analyzing things
  4. I make complex concepts look simple
  5. I love working in small groups

Take a pen and paper and complete the sentence.  
**Remember, strengths are not only things you are good at, but also things that are good about you.**





## STRENGTHS—JUST SOME EXAMPLES

Accuracy; Action oriented; Adventurous; Ambitious; Analytical; Appreciative; Artistic; Athletic; Authentic; Caring; Clever; Compassionate; Charm; Communicative; Confident; Considerate; Courage; Creativity; Critical thinking; Curiosity; Dedication; Determination; Discipline; Educated; Empathetic; Energetic; Entertaining; Enthusiastic; Fair; Fast; Flexible; Focused; Forceful; Friendliness; Generosity; Gratitude; Helpfulness; Honesty; Hope; Humility; Humor; Idealism; Independence; Ingenuity; Industriousness; Inner peace; Inspirational; Integrity; Intelligence; Kindness; Knowledgeable; Leadership; Lively; Logical; Love; Love of learning; Mercy; Modesty; Motivation; Observant; Optimistic; Open minded; Orderly; Originality; Organization; Outgoing; Patient; Perseverance; Persuasiveness; Persistence; Practical; Precise; Problem solving; Prudence; Respect; Responsibility; Self-assurance; Seriousness; Self-control; Spirituality; Spontaneous; Social intelligence; Social skills; Straightforward; Strategic thinking; Tactful; Team oriented; Thoughtful; Thrifty; Tolerant; Trustworthy; Versatile; Visionary; Vitality; Warmth; Willpower; Wisdom





## DRAWING ON YOUR STRENGTHS

**Reflect back on the year so far.**

- What personal skills have helped you overcome challenges faced?
- What strengths have you drawn on?
- How have you helped others during this time?  
(either personally or professionally)



## WHAT DOES YOUR LIST LOOK LIKE?



If you don't yet have at least 10 items on your list, persevere until you get there.

😊  
EASY OR HARD  
☹️





<http://www.viacharacter.org/www/Character-Strengths-Survey>

120 questions

Multiple choice

Should take 10 minutes

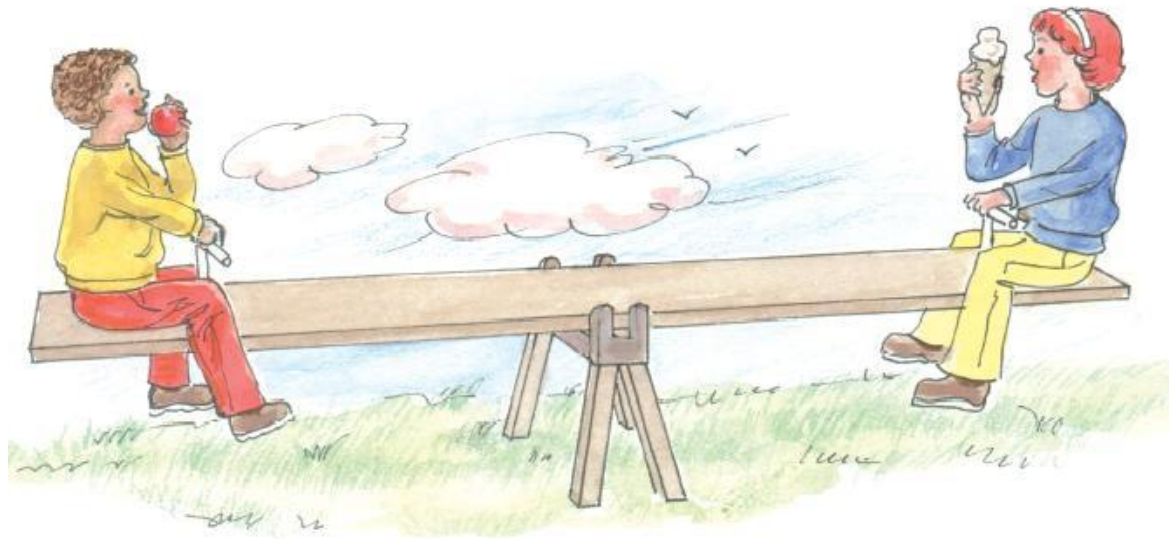




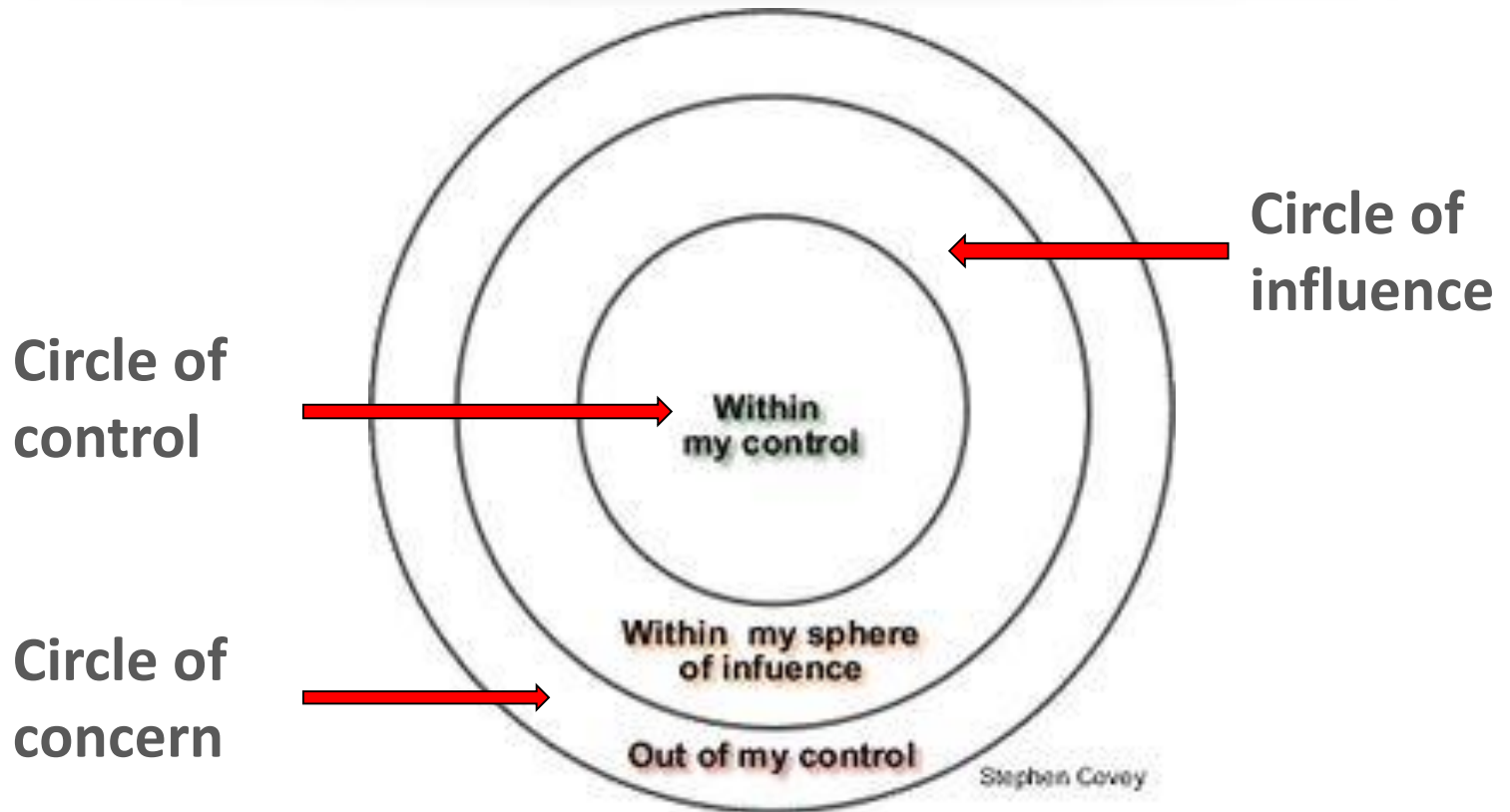
# WHO AM I?



## Balance your see-saw

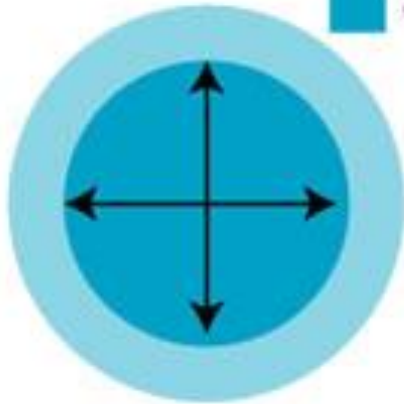


# FOCUS ON WHAT YOU CAN CONTROL

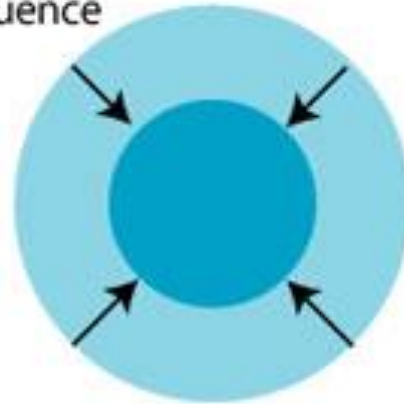




Circle of concern  
Circle of influence



**Proactive Focus**  
Positive Energy enlarges the  
Circle of Influence



**Reactive Focus**  
Negative Energy reduces the  
Circle of Influence

<http://www.centreforconfidence.co.uk/pp/techniques.php?p=c2lkPTYmdGlkPTMmaWQ9MzU=>



## YOUR CURRENT CHALLENGES

*Think about a recent challenge you have faced.*

- **What aspects are out of your control?**
  - How can you develop a plan to not be reactive to these?
- **What aspects are in your control?**
  - How can you develop a plan to be proactive and influence these in a positive way?



## HOW DO PEOPLE EXPLAIN BAD EVENTS?

Three dimensions that constitute vulnerability to bad events.

1. Is it temporary or permanent?
2. Is it pervasive or localized?
3. Is it controllable or uncontrollable?

Pessimists: permanent, pervasive, personal, uncontrollable

Optimists: temporary, local, not personal, controllable



## CONCLUSION

For strengthening your resilience muscle,

know your strengths and

focus on what you can control.



ALWAYS AVAILABLE.  
ALWAYS CONFIDENTIAL.

FOR ADDITIONAL ASSISTANCE  
CONTACT YOUR EMPLOYEE ASSISTANCE PROGRAM (EAP)

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