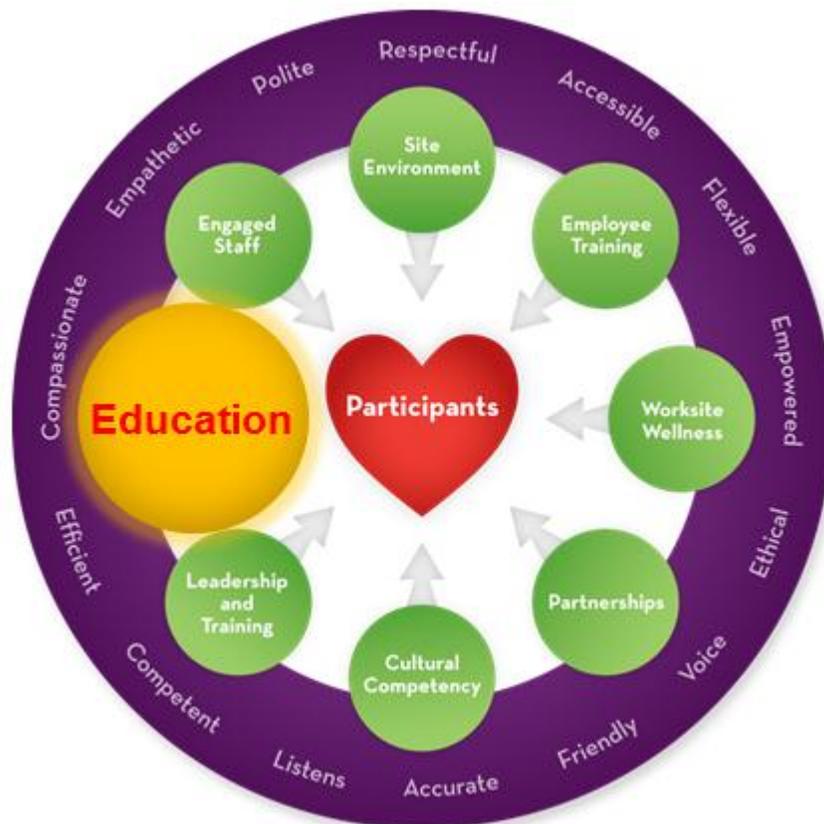


# Strength-Based Approach

## Participant Centered Education

### Trainee Workbook





## Activity 2

Put a star or a check by 5-10 of the characteristics that describe you.

**Some Characteristics of Successful Changers**

	Adaptable		Committed	
Accepting		Affectionate		Attentive
Capable	Careful		Cheerful	Concerned
	Considerate	Creative	Dedicated	
Confident		Experienced		Determined
	Energetic	Healthy	Focused	
Happy	Hopeful		Mature	Knowledgeable
	Open		Patient	
Loving		Optimistic		Organized
	Persistent	Reasonable	Positive	
Receptive		Responsible		Relaxed
	Resourceful	Truthful	Sensible	
Spiritual		Thoughtful	Willing	Thankful
Unstoppable		Understanding		Wise

### **Activity 3**

Circle all the characteristics on the previous page you have seen or think you could see in your participants.



### **Activity 4**

Write down at least one sentence you might use to “mine” for strengths in your participants.

### **Activity 6**

Based on today’s session, what is one thing you would be willing to try in order to help focus on your participants’ strengths?