

Strengths Based Approaches

Ideal for individuals who have not previously undertaken any Strengths Based Approaches training, this course will teach you the core principles of a Strengths Based Approach & how this practice fosters well-being for the people you support.

Led by our experienced trainer, you will delve into the concept of positive risk-taking as a tool for growth and development, discover methods for effective collaboration with other professionals and community networks to create a comprehensive support system and explore practical methods for embedding a strengths-focused approach within your organisation, fostering a culture of empowerment.

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Learning Outcomes

- To describe the meaning and principles of a strengths-based approach
- To explain how adopting this approach promotes wellbeing
- To explore positive risk taking
- How to build and maintain resilience
- To identify opportunities to collaborate with other professionals and networks in the community
- To describe methods for embedding this approach within an organisation
- To create an action plan for using this approach within your service

Course Content

Module 1: What is a Strengths-Based Approach?

- Our first module provides participants with clarity on distinguishing between strengths-based and deficit-based approaches. Through case studies and practical examples, learners learn to identify the hallmarks of a strengths-based approach and avoid common pitfalls associated with deficit-focused methodologies, fostering a culture of positivity and growth.

Module 2: The concept of a Strengths-Based Approach; the Care Act 2014:

- Understanding the Care Act 2014 and how it emphasises a strengths-based approach to social care, shifting the focus from individuals' deficits to their capabilities and assets. It promotes the well-being principle, requiring local authorities to consider how individuals' strengths, aspirations, and preferences can shape their care and support plans.

Course Content

Module 3: Wellbeing and Our Strengths; Understanding Resilience:

- Participants delve into the connection between identifying and utilising personal strengths to foster wellbeing. By recognising and leveraging strengths, individuals can enhance their resilience, engagement, and satisfaction in various aspects of life, leading to improved emotional, physical, and social wellbeing. Participants explore the factors that contribute to resilience; optimism, adaptability, and social support.

Module 4: Positive Risk Taking:

- In this module we explore the concept of embracing calculated risks to promote personal growth and development. Learners examine how identifying and leveraging strengths can empower individuals to navigate challenges, seize opportunities, and achieve their goals. Through case studies and interactive discussions, participants gain insights into balancing risk and reward, fostering resilience, and fostering a mindset of possibility and growth.

Module 5: The 9 Areas of Wellbeing:

- Understanding the nine areas of wellbeing which include physical, emotional, social, intellectual, occupational, environmental, financial, spiritual, and cultural wellbeing. Each aspect contributes uniquely to an individual's sense of fulfilment and quality of life. By recognising and addressing these dimensions, we can help individuals cultivate a more balanced and resilient lifestyle.

Course Content

Module 6: The Importance of Communication and Motivational Interviewing:

- This module explores the essential role of effective communication in leveraging strengths and promoting positive change. Participants learn the principles of motivational interviewing, a client-centred approach to eliciting motivation and facilitating behaviour change. Through practical exercises and case studies, learners develop communication skills that empower individuals to recognize and utilise their strengths, fostering collaboration, empowerment, and growth.