

# My Strengths

**SESKAT Training  
Toolbox**

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## Description

The aim of the activity “My strengths” is for the participants to reflect on the strengths they admire in others, both famous people and people they know in real life, and on their own strengths.

## Objectives

The tool will help participants to:

- Identify their own strengths
- Reflect on how they have previously implemented their strengths to overcome challenges
- Boost their self-esteem and self-efficacy

## Connection with Soft Skills and Emotional Intelligence

Thanks to this tool, participants will have the chance to boost their self-esteem by reflecting on their own strengths. People who know their strengths and use them in their everyday life tend to be happier, have better self-esteem and are more likely to achieve their goals.



# Resources and Materials

Each participant will need:

- 3 sheets of paper (you can pre-fill them with the activity questions)
- Something to write with

## Steps

01

15 minutes: Participants are first asked to think of a fictional character they admire/ find inspiring. The fictional character may be from a movie, book or TV show. Then they are asked to list their strengths and describe how they use their strengths to overcome their challenges in everyday life.

02

15 minutes: Participants are then asked to name an inspiring person they know. It may be a family member, a friend, a colleague etc. Then, they are asked to list their strengths and to describe how they use their strengths in everyday life or to overcome challenges.

03

15 minutes: Participants are now asked to think about their own strengths. They have to list them, to describe how they use them in their everyday life and how they used them to overcome a specific challenge.

04

25 minutes: Participants are now asked to pair up to discuss the results of the activity. What has been revealed? Are there some strengths shared by the fictional character they chose and themselves? Are there some strengths they wish to improve? What can the choice of the fictional character/person they know reveal about the participants' values?

# Learning Outcomes

By the end of this activity, participants will be able to:

- Reflect on their own strengths
- Use these strengths to positively reinforce those behaviours and increase their self-esteem

