

deep:black are delighted to share these resources



Strengths in Myself

Aims:

To identify current strengths

To recognise that each one of us has different strengths

To step into the strengths

Instructions:

Identify 4 strengths that I value in myself

Draw a representation of each one in a corner of a piece of paper (at least A4 size)

Step into the middle and absorb the 4 strengths. Reflect on when these strengths served me.

For further information about this and other bespoke training, please contact trupti@deepblack.org.uk