

deep:black are delighted to share these resources



Strengths in someone important to me

Aims:

- To identify the strengths in someone important to you
- To recognise the strengths we see in others
- To share the strengths we see in others

Instructions:

- Identify 4 strengths that you notice in someone important to you
- Draw a representation of each one in a corner of a piece of paper (at least A4 size)
- Share and discuss these strengths with that person. What does it feel like to give the feedback? How do you think they might feel to hear what you have to say?

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