

Strengths I Use Often

These are the things I do well, enjoy, and get to do often.



Resilience

You have what it takes to deal with setbacks and overcome difficulties. You enjoy the challenge of facing something difficult head on, and finding your way through it. It might be a relationship problem with one of your friends, a difficult goal that you want to achieve, or a tough decision you need to make. Whatever the setback, you'll cope and find your way through it. You'll always think, "I can do this."



Improver

You're always looking for ways of improving. Whether you're looking to get better at sport or higher grades, you'll give it a go. You will often find yourself thinking, "How can I do it better...?"



Compassion

You have an open heart and care about all of the people around you. You want the best for everyone and offer sympathy and support to others, especially in times of sadness. When people are unhappy, you look for the right thing to say. You take action to help people in whatever way you can. You're most likely to say "I feel your pain."

Strengths I Use Less Often

These are the things I do well and enjoy, but get to do less often.



Curiosity

You're interested in lots of things and ask lots of questions. You might want to find out more about your favourite pop star, dig into the background of your local area, or spend time on understanding how something works. Look for opportunities to use your curiosity to discover more about things that matter to you, there's always something new to learn.



Decision Maker

You're able to make good decisions quickly and easily. You enjoy assessing a situation and you're confident that you'll reach the right decision. Look out for opportunities where your decisions will really count.



Supportive

You have a natural focus on developing people and helping them to do things for themselves. You might help others to learn, or teach someone to become better at what they do. Look for opportunities where you can put this into practice more. If you see someone who needs support, offer to help them. You'll be amazed by the difference you can make.



Writer

You have a natural talent for writing. You might write blogs, or stories for your school or college magazine. Look for opportunities to develop this ability more. You could try to write things that are longer, or more complex, or covering subjects that are new to you. You get a buzz when other people read what you have written and they like it.



Prevention

You like to think ahead and identify problems before they happen. You notice the things that might be out of place or going wrong, and then deal with them. You notice areas which need attention to prevent future problems. Find times where your prompt action can make sure these problems don't arise in the first place.

Your strengths themes are the overall groups of strengths that best represent you. We calculate your strengths themes based on your responses to the strengths questions. From your responses, we have calculated your strengths themes as 'Motivating' and 'Relating'.

Using these strengths themes, you can find below some suggestions for subject choices, leisure activities and career suggestions. We've selected these suggestions for you to match your strengths theme, in order to help you make the most of your strengths.

Motivating

You have an ability to motivate, which means that you have the energy and drive to do things for yourself. You may also inspire this in others.

Relating

You naturally relate to others, which means that you are good at building relationships with people; getting to know them, understanding them and helping them.

My Career Suggestions

So, what types of courses or careers do people with a motivating strengths theme choose? Because you have the drive and energy to do things for yourself, you may be more suited to a role that will allow you to play this out. This could be jobs like being a personal trainer or coach, or working in construction, management, hospitality, emergency services, politics, tradeswork (plumber, electrician, gas engineer, carpenter), farming or running your own business.

My Subject Choices

With a motivating strengths theme, what subjects might you take? Because you have the energy and drive to get things done, you can put your mind to most subjects. You should consider those subjects which you're good at and you enjoy.

My Leisure Activities

In your spare time, with a motivating strengths theme, you might enjoy leisure activities such as competitive sports, computer games, martial arts, running, swimming, endurance sports, going to the gym, attending events or concerts, and even relaxing.

Motivating

So, what types of courses or careers do people with a relating strengths theme choose? Because you're good with people, you may be more suited to careers that involve working with people. This could be careers like management, social work, youth work, child care, teaching, counselling, recruitment consultancy, health jobs (doctor, nurse, physiotherapist, health visitor), coaching, community work or reception work.

So, how might a relating strengths theme help you choose the subjects you take? Because you're good with people, you should consider subjects like care, politics, travel and tourism, early education and childcare, home economics, psychology, hospitality, and people and society.

In your spare time, with a relating strengths theme, you might enjoy leisure activities such as going out with your friends, team sports, and generally doing any leisure activity that allows you to be with people.

Relating

My Employability

Employability is all about being 'work ready' - it helps you to secure a great job and succeed at work. There are six different aspects to your employability, indicating to employers how well you are likely to fit in with your new team, take on responsibility, manage yourself and quickly perform well. Here you can explore your current and future level of employability, based on your responses to the Realise2 strengths assessment.

Positive Attitude

Employers look for people with a willingness to take part, contribute and get things done; people who are resourceful, optimistic and open to change and new ideas.

You can be a positive person with a 'can do' approach. There are times when you have the drive to make things happen. You sometimes take part in group activities and contribute to achieving goals. You will sometimes express your ideas and opinions with others. From time to time, you take the lead and ensure that tasks are finished on time. To do this more, try to find someone to help you as you build your knowledge and confidence.

Self-Management

Employers look for people who are flexible, resilient and assertive; people who will manage their time, tasks and workload; people who take responsibility for improving their own performance through seeking feedback.

You manage your time fairly well. You try to be punctual and prepared and you try to get your work done on time through good planning. You take some responsibility for managing how well you're doing and what you want to achieve in the future. You tend to know when to ask for help. You try not to give up when things get difficult. Employers are looking for self-starters who manage their own careers. To help you with this, identify others who do this well and ask them how they do it.

Teamworking

Employers look for co-operative and contributing team members; people who are considerate and respectful towards their colleagues; people capable of negotiating with and persuading others when necessary.

You can be a team player. You try and build good working relationships with others. You contribute to team discussions from time to time. To improve how you communicate and work with your team, start by building good relationships with each individual team member.

My Employability

Employability is all about being 'work ready' - it helps you to secure a great job and succeed at work. There are six different aspects to your employability, indicating to employers how well you are likely to fit in with your new team, take on responsibility, manage yourself and quickly perform well. Here you can explore your current and future level of employability, based on your responses to the Realise2 strengths assessment.

Problem Solving

Employers look for people who are able to analyse the details of a situation or problem, understand the cause and then apply creative thinking to develop effective solutions.

You sometimes take a solution-focussed approach to resolving problems. You might start by looking at the situation first. Then you might weigh up the facts to help understand the cause before exploring possible solutions. To improve this, start small. Practise by analysing simple problems that are under your control. Identify and evaluate different solutions to this problem. Then gradually extend this approach to more complex problems.

Business and Customer Awareness

Employers look for people who have a basic understanding of what drives success in their business, who their customers are, and what determines customer satisfaction and loyalty.

You have some understanding of business and good customer service. In a work situation you might understand what success means for the business. You have some idea of how your job contributes to the organisation's overall goals. You can sometimes put yourself in other people's shoes, including colleagues and customers. You can develop your understanding by identifying people who can help you build your knowledge of business and customers.

Entrepreneurship and Enterprise

Employers look for people who explore better and innovative ways of doing things at work; people who are willing to push the boundaries and take risks to achieve success.

You may be enterprising on some occasions. You sometimes come up with new ideas and better ways of doing things. You have some sense of the bigger picture and you occasionally take calculated risks to achieve results. Start by trying to understand whether there are more effective ways of doing things. Share your ideas with others.