

Strengths I Use Often

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



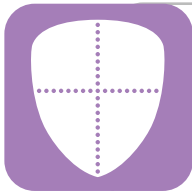
Detail

You have a natural eye for detail, making it easy for you to spot errors. You get a real buzz from making sure that everything is accurate and would never submit work that's messy or full of mistakes. You're most likely to say, "It's important to get things just right."



Writer

You love to write. Whether you're updating your status online, creating a short story to pass the time, or putting together articles for your school or college magazine, you enjoy the experience. You find yourself writing at all sorts of times and in all sorts of places. As you do, you might find yourself thinking, "I love writing."



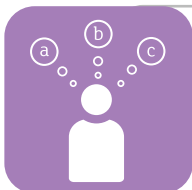
Resilience

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."



Responsible

You pride yourself on keeping your promises and doing what you've said you'll do. Being responsible is at the heart of who you are. Whether it's keeping a promise to a friend or delivering your work on time, you'll do it. "You can count on me" is something you are likely to say.



Decision Maker

You make good decisions quickly and easily. You enjoy looking at the proof to support a decision. You're confident that you will reach the right decision by looking at the facts. You're proud that your decisions stand up to challenge. You're most likely to say "On balance, it seems to me that..."

Strengths I Use Less Often

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



Competitive

You have a natural focus on winning and being the best in whatever you do. You might want to be the fastest runner, the funniest person in your group, or the most popular person amongst your friends. Look for opportunities to make the most of this strength. This could be in sports, in exams, or just as a bit of fun with your friends.



Compassion

You have a kind heart and care about the people around you. You want the best for everyone. You offer sympathy and support to others, especially when they're sad. When people are unhappy, you tend to look for the right thing to say. Look for opportunities to help people in whatever way you can.



Motivator

You have the potential to inspire other people and get them excited about taking part in activities and projects. You enjoy getting new projects started. Look for opportunities to inspire people to get things done.

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 'Thinking' 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.

Valuing

You have a valuing strengths theme, which means that you are more naturally focused on the things that are important to you. You live your life in line with your beliefs and the things that matter to you.

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 valuing strengths theme choose? Because you are more naturally focused on what is important to you, you may be more suited to careers that allow you to demonstrate this. These careers could involve social and community work, charity work, environmental and youth work, or any other type of work that is a match with your values.

My Subject Choices

So, how might a valuing strengths theme help you choose the subjects you take? Because what you do in relation to your values is important to you, you should consider subjects like environmental science, philosophy, religious studies, politics, history and sociology.

My Leisure Activities

In your spare time, with a valuing strengths theme, you might enjoy leisure activities such as reading, going for walks, gardening, caring for pets, and spending time helping others.

Valuing

Relating

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 looking after pets, team sports, and generally doing any leisure activity that allows you to be with your friends.

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're a very positive person with a 'can do' approach. You love making things happen. You always take part in activities and contribute to achieving goals. You share ideas and opinions easily with others. You take the lead and make sure that tasks are completed on time. To ensure that you achieve what you want, work with others and inspire them with your enthusiasm.

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 always manage your time very well. You're punctual and prepared. Your good planning means you always hit your deadlines. You take responsibility for managing how well you're doing and what you want to achieve in the future. You always know when to ask for help and never give up when things get difficult. Stretch yourself by taking on bigger projects with more responsibilities.

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're a strong team player. Other people want to work with you. You build good relationships with others. You're very active in team discussions. You're strong in listening, persuading and negotiating and always respect the role of each team member. Teams come in different shapes and sizes. Stretch yourself by being involved with bigger teams or temporary teams where you can make a difference.

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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.

When it comes to solving problems, you look at the situation and the facts and explore possible solutions before coming to a decision. Make the most of your problem solving ability by getting stuck into bigger and more complex problems. Where can you make the biggest difference? What's the toughest problem you can solve?

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 a natural flair for business and understand what good customer service is. In a work situation you easily understand what success means for the business. You understand how your job contributes to the organisation's overall goals. You're able to put yourself in other people's shoes, including colleagues and customers. Make the most of your business knowledge by helping others to improve their own contribution.

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're a naturally enterprising person. You use your initiative, come up with new ideas and find different and better ways of doing things. You see the bigger picture and are willing to take calculated risks to achieve results. Increase your chances of success by building a network of people who will help you achieve your goals.