



## STRENGTHS CARD SETS

### Ideas on how you might use them

#### For Self

- Reflection and self-awareness - as per box instructions
- Knowing there can be a mismatch between my intention and the experience of others
- Focus on one particular strength over the course of a week to become acutely aware of situations where 'pull back' was needed- note the triggers
- When going around in circles with a problem, stepping back and using the cards as self reflect to answer the question, "Do I need to do something different?"

#### With Others

- As a team, identify each others' strengths and discuss. To extend - share where the shadows may play out.
- Identify interesting combinations of head and heart that help enable balance
- Compose a suitable set for students to have one on one conversations
- See the "shadow" as the overplay of a "strength" - not necessarily negative but giving insight
- Impacting narrative in the story we tell about our work e.g. Covid - not just "burnt out" we feel this because of our whole heartedness how can we regulate this for better impact
- Use with emerging leaders as a common framework
- After dealing with issues or projects, what strengths we used, what went well, what strengths could have made it better
- Start by using the cards in our TEAMS for a problem solving discussion. Then invite individuals to go away and reflect on their strengths / shadows and come back to the team for feedback.
- Using cards in a TEAM meeting to understand members and how they work.
- Being authentic in the approach to being supportive (heart) and reliable (head). Work together to create meaningful connections with team. Find balance can eliminate the shadows.
- Find support in staff with inner voice that sabotages - work together to influence and lift up one another.
- Good way to start a meeting or reflect on your day.
- Ask others to pick a card that shows what they experience of you.