

STRENGTHS-BASED APPROACH

Any policies, practice methods, and strategies that identify and draw upon the strengths and capacities of individuals and communities.

ALLOW THEM
TO DISCOVER
SOLUTIONS

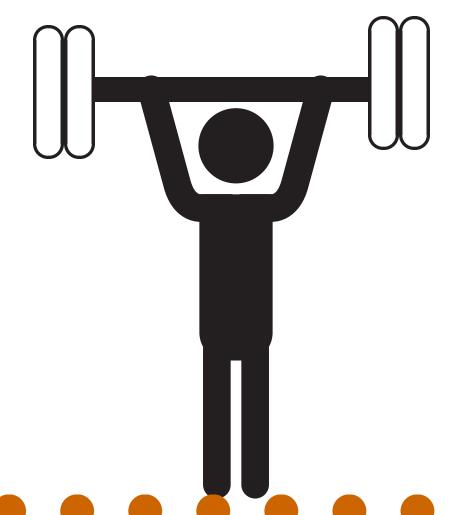


LOOK FOR SIGNS
OF HEALTH AND
RESILIENCY



ENVISION A
POSITIVE
FUTURE

IDENTIFY AND
BUILD ON
STRENGTHS



ASK QUESTIONS
TO SEE WHAT'S
POSSIBLE

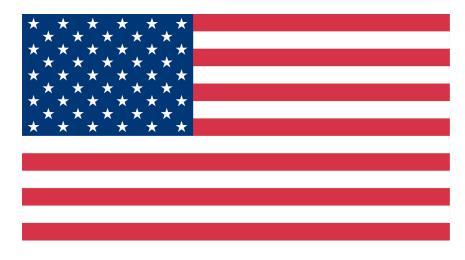


CONSIDER IMPACT
OF BELIEFS ON
THE PRESENT

Rather than focusing on shortcomings and failures, applying a strengths-based approach improves selfawareness and develops confidence.

KEEP THE BEST PARTS OF THE

PAST







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