

7 TIPS FOR USING CHARACTER STRENGTHS WHEN WORKING WITH OTHERS



Whether you are a coach, therapist, mentor, leader or educator, the following strengths-based reminders can help you prepare for your next meeting or conversation.

1

I will **embody** character strengths, acting as a role model and displaying my strengths as I interact with others.

2

I will **educate** on strengths, teaching individuals the importance of focusing on them and suggesting pathways to use their strengths.

3

I will use strengths to **energize**, pulling others out of autopilot tendencies and strengths blindness patterns.

4

I will use strengths to **empower**, shifting focus from what's wrong to what's strong in people.

5

I will **explore** strengths in the face of adversity, acknowledging each individual's problems and struggles, but not allowing strengths or the positive to get lost.

6

I will **create connections** with strengths, helping people become more connected with others, the world and themselves.

7

I will **cultivate** seeds of goodness in others, helping them build awareness and activate their strengths to grow toward positive action.

To learn more about using character strengths in your work to motivate, inspire and lead others, visit viacharacter.org/professionals