

Approaching your own work from a Strengths-Based Perspective

We're good at describing how this approach transforms young people and their families. We can also turn the lens towards each other and ourselves.

With yourself

- As a result of your youth work experience, what character traits have you strengthened?
 - Are you more patient? Are you better able to operate out of your comfort zone?
 - Are you more aware of how your personal views affect your relationships with young people?
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With your colleagues

- Have you shared your knowledge and expertise with your colleagues?
 - Did you assist a co-worker who had difficulty working with a particular young person?
 - Did you offer input at a staff meeting that benefited youth, your programme or the organisation?
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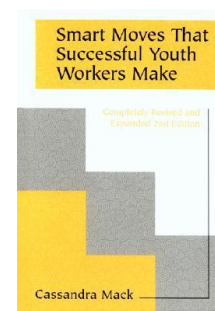
With young people

- What special memories have you created with young people?
 - Did you put together an event that was particularly enjoyable?
 - Are there any moments that stand out in your mind?
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With your organisation

- What have you accomplished?
 - Have you completed a difficult project or assignment?
 - Are you utilizing new tools that you learned at a staff development workshop?
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“By giving ourselves what we give to our young people (support, encouragement, nurturing, etc.), we set the stage for effective and successful youth work. By taking the time to write down what you are most proud of, you are acknowledging your value both personally and professionally.”



Adapted by Rod Baxter from *Smart Moves That Successful Youth Workers Make*, 2nd Ed., by Cassandra Mack (2001)

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Here is what I am most proud of achieving as a youth worker:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

What fuels you?

- a) What's the most important aspect to you about the work that you do?
What's the most important aspect to your boss?
How can you strike a balance?
- b) What would you like to be doing more of at work?
What would you like to be doing less of?
- c) If you could do anything you wanted at work, what would it be and why?
- d) Are there areas at work that needs your attention, like a particular young person, a special programme or paper work that you've been putting off?
- e) Who is doing the kind of work that you would like to be doing?
What do you think their work life is like?
- f) How can you work in a way that allows you to do more of the work you would like to be doing without neglecting your required responsibilities?
- g) What would you do with the young people you work with if you were ten times bolder?
- h) Imagine that your organisation's newsletter honoured you as youth worker of the year. What would you want the newsletter to say about you?