

## 2.2.4. Technical Sheet Finding Strengths by Storytelling

Activity Identification	Dimension	Number of Participants	Duration (minutes)
5 Finding Strengths by storytelling	Self-Knowledge	max 12	30 – 40

### The aim of the activity

To help the participants become aware of which strengths they master, by becoming aware of previous success stories from their life. Using storytelling as a way to let the participants discover and experience self-efficacy will enforce each participant's belief in their ability to succeed in future endeavours or changes. Believing in oneself and in one's ability to succeed is a strong motivation when trying to create desired changes in one's life.

**Keep in mind:** In this activity, we look at the broader concept of strengths and refer to strengths as personal skills, abilities, and strengths in general, and not limited by the strengths defined by Peterson and Seligman.

### Preparation

Print handout **5 Finding Strengths by Storytelling**. One for each participant. Find a success story relevant to the target group to use as an example. See below for specifications.

### Instructions

1. Introduce the **PARS** model (Problem – Action – Results – Strengths) by giving an example of a success story where a problem was solved, or situation dealt with, resulting in a positive outcome (result). Make sure to specify the skills used to solve the problem and create the positive outcome. It is important that the story is relevant for the specific target group.
2. Give examples of problems /Situations that can help start the process: Helping friends/family/strangers, building something useful, completing a task etc. Eventually, you can turn to the handout related to this exercise for examples.
3. Have the participants work with the **PARS** model by finding and documenting as many personal stories of success as possible and write it down in the handout. Each participant must find 3 stories as a minimum, but more stories should be encouraged.

### Observations and Suggestions

Working with advanced participants, the examples can be related to getting good grades in school, success at work etc.

### Source / Links / Further information

Bandura. A (1994). The concept of Self-efficacy.

Actual version of this tool can be found here: <https://live2work.eu/go/strengths-by-storytelling/>