

This activity aims to have a dialogue about strengths by interviewing each other and enhancing awareness of the strength of others.

Groups of 3 persons.

Person one is the interviewer

Person two is the interviewee

Person three is the observer, listens and spot the strengths and resources revealed in the dialogue. This person either takes notes of strengths revealed in the dialogue or uses a deck of strengths cards in substitution of writing.

Use the **strengths handout** and write the strengths, that you hear in the interview. You are most welcome to write any resources, competencies or successes and apply this in your feedback.

Feel free to come up with your own questions.

GUIDING QUESTIONS

1. What sort of everyday things do you enjoy doing?
2. What makes a really good day for you?
3. Tell me about the best day that you can remember having?
4. What would you describe as your most significant accomplishment?
5. When you are at your best, what are you doing?
6. What do you think are the most energising things that you do?
7. Tell me about a situation when you felt that you were truly yourself.
8. Do you have a vision for the future? What is it about?
9. What are you most looking forward to in the future?
10. Thinking about the next week, what will you be doing when you are at your best?