

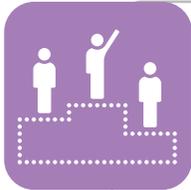
Strengths I Use Often

These are the things I do well, enjoy, and get to do often.



Orderly

You love to follow guidelines and do things step-by-step. You have a natural focus on taking the right approach and feel most comfortable completing tasks that have clear steps and stages. In a group you're the most likely to say, "Rules are there to be followed."



Competitive

You love to win and you want to be the best. It doesn't matter what - the best in your class, the funniest person in your group of friends or the best at sports. Whatever you take part in, you're focused on winning and being number 1. You'll often say to yourself, "It's all about winning."



Curiosity

You're inquisitive by nature and are interested in everything. You love exploring and finding out about new things, seeing where your curiosity will lead you. You'll always try to find out more about the things you like, whether it's about celebrities, what's happening with your friends, or finding out more about the bands you're into. You're most likely to say, "Tell me more..."



Organiser

You love to be well-organised. Everything has its place, both in your work and your personal life. Your order and organisation mean that you are effective in everything you do. You always know where things are and what to do when. You have everything organised in advance. You're most likely to say "Everything has its place."



Emotional Awareness

You are an excellent judge of people's emotions and feelings. You have a keen eye and an intuitive ear. These help you pick up on the subtle clues that people give out. You notice these clues and understand them quickly. You sense how other people are feeling. You're most likely to say "I know how you feel."

Strengths I Use Less Often

These are the things I do well and enjoy, but get to do less often.



Explainer

You have a natural talent for explaining things clearly to people so that they understand. Whether it's giving someone directions, explaining a problem, or just showing them the way something works, look for opportunities to use this strength to make a real difference. When you see someone having difficulty understanding something, step in and see what you can do to help.



Creativity

Creativity is at your core. You love to be coming up with or combining new ideas, images, colours, tastes or concepts. You thrive on breaking new ground, trying things that have not been tried before, linking things in novel and imaginative ways and creating something from nothing.



Improver

You're naturally focused on how you can do things better, whether you are trying to improve your performance at school or work, or just improve your scores on your favourite game. See how you can use your improver strength to make a difference in things that really matter for you, getting better every day will come naturally to you.

Your strengths themes are the overall groups of strengths that best represent you. We calculate your strengths themes based on your responses to the strengths questions. From your responses, we have calculated your strengths themes as 'Valuing' and 'Relating'.

Using these strengths themes, you can find below some suggestions for subject choices, leisure activities and career suggestions. We've selected these suggestions for you to match your strengths theme, in order to help you make the most of your strengths.

Valuing

You have a valuing strengths theme, which means that you are more naturally focused on the things that are important to you. You live your life in line with your beliefs and the things that matter to you.

Relating

You naturally relate to others, which means that you are good at building relationships with people; getting to know them, understanding them and helping them.

My Career Suggestions

So, what types of courses or careers do people with a valuing strengths theme choose? Because you are more naturally focused on what is important to you, you may be more suited to careers that allow you to demonstrate this. These careers could involve social and community work, charity work, environmental and youth work, or any other type of work that is a match with your values.

My Subject Choices

So, how might a valuing strengths theme help you choose the subjects you take? Because what you do in relation to your values is important to you, you should consider subjects like environmental science, philosophy, religious studies, politics, history and sociology.

My Leisure Activities

In your spare time, with a valuing strengths theme, you might enjoy leisure activities such as volunteering, yoga, social and community work, reading, and spending time helping others.

Valuing

Relating

So, what types of courses or careers do people with a relating strengths theme choose? Because you're good with people, you may be more suited to careers that involve working with people. This could be careers like management, social work, youth work, child care, teaching, counselling, recruitment consultancy, health jobs (doctor, nurse, physiotherapist, health visitor), coaching, community work or reception work.

So, how might a relating strengths theme help you choose the subjects you take? Because you're good with people, you should consider subjects like care, politics, travel and tourism, early education and childcare, home economics, psychology, hospitality, and people and society.

In your spare time, with a relating strengths theme, you might enjoy leisure activities such as going out with your friends, team sports, and generally doing any leisure activity that allows you to be with people.

My Employability

Employability is all about being 'work ready' – it helps you to secure a great job and succeed at work. There are six different aspects to your employability, indicating to employers how well you are likely to fit in with your new team, take on responsibility, manage yourself and quickly perform well. Here you can explore your current and future level of employability, based on your responses to the Realise2 strengths assessment.

Positive Attitude

Employers look for people with a willingness to take part, contribute and get things done; people who are resourceful, optimistic and open to change and new ideas.

You're a very positive person with a 'can do' approach. You love making things happen. You always take part in activities and contribute to achieving goals. You share ideas and opinions easily with others. You take the lead and make sure that tasks are completed on time. To ensure that you achieve what you want, work with others and inspire them with your enthusiasm.

Self-Management

Employers look for people who are flexible, resilient and assertive; people who will manage their time, tasks and workload; people who take responsibility for improving their own performance through seeking feedback.

You always manage your time very well. You're punctual and prepared. Your good planning means you always hit your deadlines. You take responsibility for managing how well you're doing and what you want to achieve in the future. You always know when to ask for help and never give up when things get difficult. Stretch yourself by taking on bigger projects with more responsibilities.

Teamworking

Employers look for co-operative and contributing team members; people who are considerate and respectful towards their colleagues; people capable of negotiating with and persuading others when necessary.

You're a strong team player. Other people want to work with you. You build good relationships with others. You're very active in team discussions. You're strong in listening, persuading and negotiating and always respect the role of each team member. Teams come in different shapes and sizes. Stretch yourself by being involved with bigger teams or temporary teams where you can make a difference.

My Employability

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Problem Solving

Employers look for people who are able to analyse the details of a situation or problem, understand the cause and then apply creative thinking to develop effective solutions.

When it comes to solving problems, you look at the situation and the facts and explore possible solutions before coming to a decision. Make the most of your problem solving ability by getting stuck into bigger and more complex problems. Where can you make the biggest difference? What's the toughest problem you can solve?

Business and Customer Awareness

Employers look for people who have a basic understanding of what drives success in their business, who their customers are, and what determines customer satisfaction and loyalty.

You have a natural flair for business and understand what good customer service is. In a work situation you easily understand what success means for the business. You understand how your job contributes to the organisation's overall goals. You're able to put yourself in other people's shoes, including colleagues and customers. Make the most of your business knowledge by helping others to improve their own contribution.

Entrepreneurship and Enterprise

Employers look for people who explore better and innovative ways of doing things at work; people who are willing to push the boundaries and take risks to achieve success.

You're a naturally enterprising person. You use your initiative, come up with new ideas and find different and better ways of doing things. You see the bigger picture and are willing to take calculated risks to achieve results. Increase your chances of success by building a network of people who will help you achieve your goals.