



CHOOSING STRENGTHS



36 CONVERSATION-BUILDING CARDS

In the rich tradition
of CHOICE THEORY and
STRENGTHS-BASED PRACTICE



CHOOSING STRENGTHS



36 CONVERSATION-BUILDING CARDS

In the rich tradition
of CHOICE THEORY and
STRENGTHS-BASED PRACTICE



CHOOSING STRENGTHS



36 CONVERSATION-BUILDING CARDS

In the rich tradition
of CHOICE THEORY and
STRENGTHS-BASED PRACTICE



Who are the cards for?
How are they used?
How do I order them?

Please see overleaf...



Who are the cards for?
How are they used?
How do I order them?

Please see overleaf...



Who are the cards for?
How are they used?
How do I order them?

Please see overleaf...



CHOOSING STRENGTHS

**Who will you choose to be? What qualities will you choose to have?
What strengths will you choose to exercise?**

Choosing Strengths is a set of 36 cards (with a booklet of suggested uses) developed in the rich tradition of CHOICE THEORY and STRENGTHS-BASED PRACTICE. Each stunningly designed, full-colour card features the phrase 'I can choose to be...' and then identifies a strength that anyone can choose to practise and make their own.

While we cannot necessarily control what happens, we can always make choices about how we will respond. We can choose to see ourselves as a victim or a survivor. We can choose to focus on deficits and problems... or strengths and hopeful possibilities.

Developing the ability to make conscious choices is a central part of growing to our full potential as human beings. It is a key component of emotional and mental wellbeing. It is at the heart of change-oriented conversations and self-esteem building with children, young people and adults alike.

Choosing Strengths can be used in:

- family and youth work
- schools and organisations
- pastoral care and personal development
- counselling, therapy and social work
- coaching, mentoring and supervision
- storytelling and creative writing

Choosing Strengths

CAT NO:

ISBN: 1 920945 68 7

Each set has: 36 laminated full-colour cards; 200 x 120mm; 36-page booklet of suggestions for use; packaged in a polypropylene box

AU\$49.50 each (includes GST)

**CHOICE THEORY
PRACTITIONERS WILL
LOVE THIS RESOURCE!**

CHOOSING STRENGTHS

**Who will you choose to be? What qualities will you choose to have?
What strengths will you choose to exercise?**

Choosing Strengths is a set of 36 cards (with a booklet of suggested uses) developed in the rich tradition of CHOICE THEORY and STRENGTHS-BASED PRACTICE. Each stunningly designed, full-colour card features the phrase 'I can choose to be...' and then identifies a strength that anyone can choose to practise and make their own.

While we cannot necessarily control what happens, we can always make choices about how we will respond. We can choose to see ourselves as a victim or a survivor. We can choose to focus on deficits and problems... or strengths and hopeful possibilities.

Developing the ability to make conscious choices is a central part of growing to our full potential as human beings. It is a key component of emotional and mental wellbeing. It is at the heart of change-oriented conversations and self-esteem building with children, young people and adults alike.

Choosing Strengths can be used in:

- family and youth work
- schools and organisations
- pastoral care and personal development
- counselling, therapy and social work
- coaching, mentoring and supervision
- storytelling and creative writing

Choosing Strengths

CAT NO:

ISBN: 1 920945 68 7

Each set has: 36 laminated full-colour cards; 200 x 120mm; 36-page booklet of suggestions for use; packaged in a polypropylene box

AU\$49.50 each (includes GST)

**CHOICE THEORY
PRACTITIONERS WILL
LOVE THIS RESOURCE!**

CHOOSING STRENGTHS

**Who will you choose to be? What qualities will you choose to have?
What strengths will you choose to exercise?**

Choosing Strengths is a set of 36 cards (with a booklet of suggested uses) developed in the rich tradition of CHOICE THEORY and STRENGTHS-BASED PRACTICE. Each stunningly designed, full-colour card features the phrase 'I can choose to be...' and then identifies a strength that anyone can choose to practise and make their own.

While we cannot necessarily control what happens, we can always make choices about how we will respond. We can choose to see ourselves as a victim or a survivor. We can choose to focus on deficits and problems... or strengths and hopeful possibilities.

Developing the ability to make conscious choices is a central part of growing to our full potential as human beings. It is a key component of emotional and mental wellbeing. It is at the heart of change-oriented conversations and self-esteem building with children, young people and adults alike.

Choosing Strengths can be used in:

- family and youth work
- schools and organisations
- pastoral care and personal development
- counselling, therapy and social work
- coaching, mentoring and supervision
- storytelling and creative writing

Choosing Strengths

CAT NO:

ISBN: 1 920945 68 7

Each set has: 36 laminated full-colour cards; 200 x 120mm; 36-page booklet of suggestions for use; packaged in a polypropylene box

AU\$49.50 each (includes GST)

**CHOICE THEORY
PRACTITIONERS WILL
LOVE THIS RESOURCE!**