



# Nurturing Strengths and Passion



**You are the Experts of your Family!**

A strengths-based approach focuses on what is right and good rather than weaknesses, allowing resiliency to set its course.

**Strengths over Weakness**  
Every child and family has strengths; recognizing and celebrating strengths increases motivation to overcome challenges while building new skills for success. Overcoming challenges builds resiliency.

A strengths-based approach allows children and families to focus on what's working well and their existing capabilities and skills (strengths) to promote further success. This increases their capacity to overcome future challenges.

Appreciate every opportunity to use strengths; use strengths and abilities to overcome challenges.

**Strengths to Hope**  
Strengths can be used to achieve goals; recognizing and drawing out personal strengths increases self-esteem which is helpful when overcoming challenges. This will help counter negative thoughts and behaviours.

Use of a strengths-based approach results in growth for children and families and creates greater positive change in behaviours. People are more productive when they are happy and confident in themselves.

Passion pushes us beyond our comfort zone to pursue the limitless potential within us.

**Passion through Strengths**  
Pay attention to the passions and interests of your children. Helping them chase their passion provides focus, direction and perseverance to confidently and creatively engage in the world.

Passion fuels the spirit and leaves little room for unhealthy choices. Passion creates motivation to overcome challenges, and pushes children to strive for new achievements.

## PLAYING WITH STRENGTHS

Use These Strengths - Recognition Activities to Increase Communication and Awareness:

**You've Got Talent!**  
Have a family night to display each member's talents. Talents can be worked on and enhanced with encouragement and support.

Confidence comes from experiencing personal success

**Knight of the Round's Table:**  
During a family meal, initiate a 'family sharing' round. Compliment strengths, positive traits, and healthy behaviours you've noticed with each person.

Notice strengths for continued positive behaviour

*Passion gives us clues as to what will make us happy as we grow. Children, engaged in activities they are passionate about, are more likely to stay clear of negative behaviours and activities that will deter them from their goal.*

- ✦ **Goal Setting:** Help your child set goals for the near future. Set short term goals that can be accomplished in a week, two weeks or in a month. Small goals could then lead to big goals. (Appreciate the process, little steps, and accomplishments along the way).
- ✦ **Adaptability:** Adjust and embrace unexpected opportunities; deviations to your child's plan or goals will likely occur.
- ✦ **Discipline:** Help your children develop persistency when faced with challenges and help them develop a sense of internal motivation.
- ✦ **Moving Forward:** Discover ways to enhance your child's skills and passions. View setbacks as a natural learning progression and opportunities to build upon skills.
- ✦ **Using Support:** Fuel the passion even further for children by finding groups who share their passion.
- ✦ **Genuineness:** Show genuine interest in your child's passions. Your approval is likely to fuel your child's interest even further.

*Sometimes passions are sparked through experiences or encounters. When we notice our children are naturally good at something, or eager for opportunities, it is our role as parents to create opportunities and experiences for them to nurture the strengths and skills they possess.*

*Opportunities to participate turn interests into passions.*

*Talking about strengths will enhance self-confidence.*

*Security in relationships will help guide future choices.*

*Nurturing Passions = Opportunities for Success.*

All children are born with the seeds of their own brilliance and will thrive in an environment that helps them find, nurture and sustain the passion that leads to that brilliance (Steindel Brown, 2012).



Passion propels us forward, summoning our innate drive to explore, discover hidden interests, talents, gifts, and create. A passionate environment is supportive, contagious and engaging, sweeping up adults and children alike (Steindel Brown, 2012).

### **Family Strengths Unlimited:**

*Families provide strengths and security; a secure parent-child relationship will guide a child's choices and strategies. Talents are competencies and skills which are unique to each individual; talents are usually the natural abilities, personality, behaviours and thoughts which can be used to develop strengths. Strengths are continually being developed to motivate and empower each person to reach their potential and pursue passions.*