



Strengths Based Approaches (Refresher)

This refresher course is suitable for individuals who have already participated in Strengths Based Approaches training, and wish to refresh their knowledge.

The Care Act 2014 has brought about a significant shift in how we approach personalised care. Instead of focusing on limitations, we emphasise strengths based approaches that empower the individuals we support by leveraging their abilities and assets. The aim of strengths based approaches is to support, empower, and protect individuals while collaborating with the community.

Led by our experienced trainers, our workshop is designed to help participants learn how to identify and implement strengths based methods that enable individuals to fulfil their aspirations and enhance their overall wellbeing. By integrating these methods into care practices, we can foster a culture of empowerment and support that benefits everyone involved.

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Learning Outcomes

- Describe what is meant by a strengths-based approach
- Describe the key principles of strengths-based practice
- Explore positive risk taking
- Explain how adopting a strengths-based approach promotes wellbeing
- Identify opportunities to collaborate with other professionals and networks in the community
- Describe methods for embedding a strengths-based approach within an organisation

Course Content

- **Module 1:** What is a Strengths Based Approach?
- **Module 2:** Understand the key elements to a strengths based approach
- **Module 3:** Understand the benefits of positive risk taking
- **Module 4:** Effective Communication
- **Module 5:** Enablers to a Strengths Based Approach

