

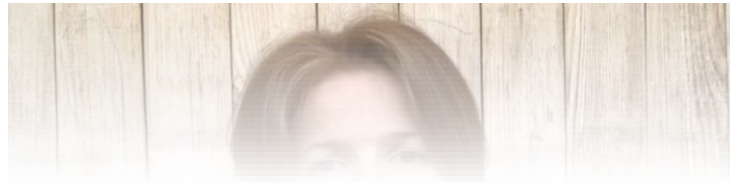


## IDENTIFYING STRENGTHS

USING A DISABILITY TO STAND  
OUT FROM THE CROWD



An introduction by Helen Cooke; Director, MyPlus Students' Club



See next slide for more



## Agenda

- ➔ Your disability: help or hindrance?
- ➔ Identifying your 'plus'
- ➔ Writing your strengths statement

See next slide for more



YOUR DISABILITY

HELP OR HINDRANCE



When you apply for work experience / internships / jobs, what barriers and / or challenges do you see your disability presenting to the employer?

Negative  
perceptions and

Have to ask for  
something that

See next slide for more

When you apply for work experience / internships / jobs, how may your disability / health condition be seen as an asset?



To access the full version of the toolkit,  
sign up to the MyPlus Universities' Club [here](#)