



IDENTIFYING STRENGTHS:  
USING A DISABILITY  
TO STAND OUT  
FROM THE CROWD

TRAIN THE TRAINER  
DELIVERY NOTES



# 'Identifying Strengths' Workshop

## Delivery Notes

The workshop is designed to be interactive with the delegate working together in small groups. The room should be set up cabaret style with delegates working in groups of 4-5.

The trainer will present using a power point presentation.

Flipchart  
Flipchart pens

Duration: 45 – 60 mins

## Workshop objectives

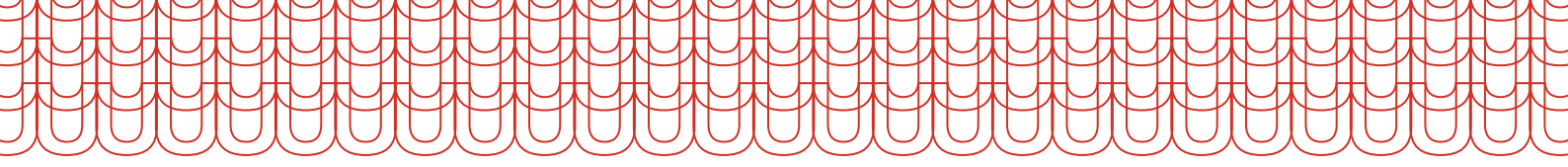
This workshop is designed to enable students who have a disability or health condition to identify their skills, abilities and strengths and be able to confidently communicate these to an employer.

It is all too easy for disabled individuals to focus on what they can't do, can no longer do, or what they find difficult to do; this workshop challenges individuals to instead think about the unique skills and strengths that they have and particularly those that they have developed as a result of having to manage their disability.

Identifying their strengths will, in turn, build their confidence to apply for jobs and successfully sell themselves at interviews.

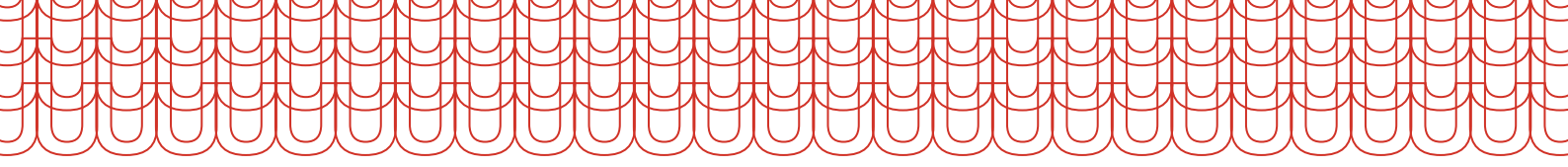
## Preparation

See next page for more



Time	Slide 1: Welcome/Intros	Trainer	Delegates
	<b>Purpose of Identifying strengths Workshop</b>	<p>The purpose of this workshop is to enable you to identify your skills, strengths and abilities which you can then draw on when applying for firms.</p> <p>Everyone here today either has a disability or health condition; it is all too easy for you to focus on what you can't do, can no longer do, or what you find difficult to do; this workshop will challenge you to instead think about the unique skills and strengths that you have and particularly those that you have developed as a result of having to manage your disability.</p>	
	<b>Outcome of the workshop</b>	<p>By the end of the workshop, the aim is that you will have identified your skills, and specifically those you have acquired as a result of managing your disability, and feel confident in articulating these to an employer.</p> <p>In particular, you will feel confident to talk about the skills and abilities you have developed as a result of managing your disability and be able to positively discuss these.</p>	
	<b>Privacy</b>	<p>Whatever is discussed today is confidential and it is requested that the details of the workshop are not discussed outside of the delegates who are here today; and specifically, any personal information that is shared should not be discussed outside of today.</p>	

See next page for more



Time	Slide 3: Agenda	Trainer	Delegates
	Agenda	Talk through the agenda for the session by following the points on the slide.	

Time	Slide 4: Your disability: help or hindrance?	Trainer	Delegates
	Your disability: help or hindrance?	As you know, this session is all about how you position your disability with employers and particularly when applying for jobs. Do you consider it to be a help? Or is it more of a hindrance?	

Time	Slide 5: Disability & Employment: help or hindrance?	Trainer	Delegates
	Disability & Employment: help or hindrance?	I suspect I am correct in thinking that many of you don't always view your disability as an asset, particularly when it comes to applying for jobs. So, let's explore this in a little more depth.	
	Group work	What I would like you to do now, in small groups, is to discuss what barriers or challenges you see your disability presenting when talking to employers. Discuss	Delegates to work in groups for 5/6 mins

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