

STUDENT

Just knowing what your top strengths are makes no difference to your wellbeing unless you use them. Becoming your best possible self comes from doing more difficult things which challenge your current very best. The Strengths Boosters give you opportunities to use your strengths in different ways to build your wellbeing.

SPORTING STRENGTHS

I will think of my favourite sporting individual or team and journal what I think their strengths are and how they use them.

