

Strengths Based Approach Key Principles of the approach

Principle 1

Invest in people's strengths.

Principle 2

Remember the problem is the problem, the person isn't the problem.

Principle 3

All individuals have the capacity to learn, grow and change.

Principle 4

Recognise individuals experience, expertise and abilities to make decisions.

Principle 5

People understand their journey better than anyone else.

Principle 6

Collaborative working, consistent and committed workers enable individuals to make change.

Principle 7

Language and words change the way we describe things and shapes perceptions.

Principle 8

People don't live in a vacuum. In order to understand them we must seek to understand systems in which people live and how interactions with the wider world and these systems affect people.

