



## MY STRENGTHS WORKSHOP WITH YEAR 6

**Year 6 excitedly participated in the "Building Resilience" incursion run by the team at My Strengths.** Our students learnt vital skills to conquer challenges confidently. Students loved the energy of the team who supported us in identifying our top 5 strengths and encouraged us to consider how we might use these strengths to build others up. Here are a few of the student's reflections:

My top strengths are:

- Optimistic
- Humour
- Leadership

My favorite strength is leadership. This is my favourite strength because I always speak up and lead in group work and make sure everyone has a role to play. - Yata (Year 6)

My top 3 strengths are:

- Reliable
- Loyal

- Leadership

My favourite strength is reliable. This is my favourite strength because I know all my friends can trust me for many things and rely on me if they need help. People can always rely on me for helping them in times of need and I won't just leave them to deal with it themselves. No matter the circumstance I will always help my friends when they need it. - Aiden (Year 6)



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