

Strengths-based working



Strengths-based working focuses on people's strengths, including their knowledge, skills and capabilities. By working in this way it is possible to enable and empower individuals.

This selection of learning resources about strengths-based working can be used to support evidence-informed practice with children, young people and families.



Read

Long read: [Growing community capacity: Strategic Briefing \(2021\)](#)

Short read: [Children's social care: The way forward \(2022\)](#)

Long read: [Promoting resilience in children, young people and families: Frontline Briefing \(2014\)](#)

Long read: [Growing community capacity: Strategic Briefing \(2021\)](#)



Tools

[Using genograms in practice: Practice Tool \(2021\)](#)

[Using strengths-based video-feedback techniques to build parent-child attunement: Practice Tool \(2020\)](#)

[Positive mental health and wellbeing in children and young people: Suggestions for practice \(2019\)](#)



Listen

1 hour: [Magic dust and more: Reflections with Love Barrow Families \(2021\)](#)



Watch

20 mins: [Using strengths-based video-feedback techniques to build parent-child attunement \(2020\)](#)



Reflect

Reflect on and record your CPD using the button on each resource page. You can also bookmark and share resources with colleagues. Log and review your reflections in '[Your CPD](#).'

For more resources, explore the [strengths based working](#) topic page.