



# IDENTIFYING STRENGTHS

USING A DISABILITY TO  
STAND OUT FROM THE  
CROWD

An introduction by Helen Cooke; Director, MyPlus Students' Club



See next slide for more

## Agenda

- Your disability: help or hindrance?
- Identifying your 'plus'
- Writing your strengths statement
- Top Tips
- Presentation

See next slide for more



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YOUR  
DISABILITY:  
HELP OR  
HINDRANCE

## Disability & employment: help or hindrance?

When you apply for work experience / internships / jobs, what barriers and / or challenges do you see your disability presenting to the employer?

Negative  
perceptions and  
judgements

Have to ask for  
something that  
others don't

I take longer to  
get things done

See next slide for more

## Disability & employment: help or hindrance?

When you apply for work experience / internships / jobs, how may your disability / health condition be seen as an asset?

Are able to draw  
on different  
experiences

Stand out  
amidst the  
crowd

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

