Writing your strengths statement

Introduction

When it comes to disability, it's very easy to focus on what you cannot do, or what you can no longer do. This guide invites you to shift that focus. It is about recognising what you *can* do, and clearly articulating the skills, strengths, and competencies you bring.

A strengths statement is not about ignoring barriers or pretending disability doesn't exist. It's about confidently describing your value, experience, and capability - often *because of*, not despite, your lived experience.

This guide will take you step by step through how to create your own strengths statement, and you can type your answers in the boxes below.

What is a strengths statement?

A strengths statement is a short, personal description of what you are good at, how you work, and the value you bring to a role, team, or organisation. It can be used in job or internship applications, performance or development conversations, support and adjustment discussions, networking or introductions, confidence-building and self-reflection.

There is no single "right" version - your statement should sound like you.

Step 1 Reframe your experiences

Start by reflecting on your experiences, not through a deficit lens, but through a skills lens.

Ask yourself: What challenges have I navigated? What did those situations require from me? What did I learn about how I work best? Write down your first reflections without editing or judging them.

© MyPlus All Rights Reserved

Step 2: Identify your skills and strengths

Now take your experiences and translate them into skills, strengths and competencies.

These could include but are not limited to things such as: organisation, analytical ability, technical ability, interpersonal skills, communication, empathy, teamwork, attention to detail, creativity, and resilience.

Put this into practice by using the examples below:

“My experience of having… has developed my…”
“As a result of …I am now….”
“Being … has help me to…”

Remember: strengths are not about doing everything, they are about recognising what you do well. Ideally choose 2-3 strengths that you think you excel at.

© MyPlus All Rights Reserved

Step 3 Consider the impact

Strengths are most powerful when linked to impact.

Ask yourself: How does this strength help others? What difference does it make in the workplace or in a team? What problem does it help to solve?

Write your response in one or two sentences below. Please refer to the Strengths Statement example for further guidance.

© MyPlus All Rights Reserved

Step 4: Draft your strengths statement

Bring everything together in a short paragraph of 3 to 6 sentences.

A simple structure my help:

1. How you work/what are you good at
2. Key strengths or skills
3. The value or impact you bring

Use clear, positive and confident language; avoid apologising or downplaying your abilities.

Step 5: Make it yours

Read your draft out loud or practice it with friends and family.

Ask yourself: Does this sound like me? Would I feel comfortable saying this out loud? Does it focus on strengths rather than limitations? Am I happy / proud to share this with an employer?

You may find that different versions of your statement work better in different situations; this is normal and a strengths statement can evolve over time.

Final thought

Your disability does not define your limits however your experiences can shape powerful strengths. Taking the time to recognise and articulate them is an important step in owning your value and advocating for yourself with confidence.

© MyPlus All Rights Reserved