FAQs: Strengths

People often make negative assumptions about people with disabilities; how do I ensure that I position my disability positively?

At MyPlus we don't believe that having a disability makes someone any more special than anyone else but we do believe it gives someone something 'extra'; a 'plus'. And these are the skills and strengths that you have to develop to manage your disability on a day to day basis in a world that's not always geared up to it. In order to position your own disability positively you need to identify the strengths you have developed as a result of it.

How can I identify the strengths gained from managing my disability?

Think about the challenges you have had to overcome as a result of your disability, and the things that you have to do to manage your disability, and then consider what skills strengths and abilities you have had to draw upon to do this. These may include determination, problem solving, flexibility and initiative. However, you need to identify those that are relevant to you and for each one be able to provide some examples as evidence.

What strengths should I share on a job application or on my CV?

In choosing which strengths to share, remember that the aim is to show the employer that you have the relevant competencies and attributes to succeed in the role. Read the job description carefully and refamiliarize yourself with the requirements of the role. You can then match your strengths to the job and explain how these will enable you to achieve the best results in the organisation.

What if the strengths that I have developed are not relevant to the workplace?

It is important to identify the skills and strengths that are relevant to the workplace and to ensure that you develop these. You can do this through participation in extra-curricular activities such as sports or joining clubs and societies. You can also develop them by gaining work experience; paid or voluntary. In whatever you do, try to take on positions of leadership and responsibility as this will again help you to develop your skills and abilities.

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