



## Workshop C:

*Making the most of our individuality – using a strengths-based approach to naturally increase conscious inclusion*

This workshop will focus on shifting our focus from the collective to the individual as we share the Strengths approach. This approach has been adopted within part of the Atkins SNC-Lavalin business (for which we won the Oil & Gas UK Diversity and Inclusiveness Award 2017). The strengths approach has its origins in Positive Psychology and has been proven to improve happiness and wellbeing, as well as performance and success, and inclusivity (and hence diversity).

During the workshop we will explain the approach and you will have the opportunity to identify your own strengths and to explore how using them could make a difference to your performance. This understanding will also help you to be able to 'strengths spot' in others and help them to also embrace their individuality and operate at their best, regardless of their group membership.

Delivered by: Emily Hutchinson, EJH  
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