

FLY WITH THE WIND!

Engaging Inuit Youth in the Canadian Economy

What are your Strengths, Challenges and Supports?

1. Physical

Strengths

- Being healthy
- Youth
- Capable of hard work
- Good hygiene
- Resilience

Challenges

- Disabilities
- Transportation

2. Personal

Strengths

- Confidence
- Motivation from family
- Having goals
- Living independently
- Creativity
- Stress management
- Work/life balance

Challenges

- Lack of confidence
- Substance abuse
- Lack of motivation
- Being a single parent
- Trouble getting up in the morning
- Having a young family
- Stress
- Lack of housing

3. Social

Strengths

- Good interpersonal skills
- Personal and professional networks
- Cultural knowledge
- Being seen as a good role model
- Family support

Challenges

- Getting involved in the community or in a new environment
- Shyness
- Many family or other responsibilities
- No support from family or friends
- Lack of resources
- Lack of local youth centres or activities

4. Financial

Strengths

- Able to saving money and/or budget
- Good at paying bills and managing money
- Knowledge and use of online banking or other technology

Challenges

- Not knowing how to budget or manage money
- Lack of adequate income
- Giving too much money to others
- No control over money
- Trouble paying bills
- Spending pay cheque all at once
- Unable to pay bills
- High cost of living

5. Knowledge

Strengths

- Education/training
- Work or volunteer experience
- Computer and technology skills
- Knowledge of Inuit culture and language
- Traditional knowledge
- Language (bilingualism)

Challenges

- Need more education or training/ no high school diploma
- Trouble remembering things
- No driver's license
- Lack of experience
- Lack of traditional knowledge or skills

The hand has five fingers,
working together.

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What are your Strengths, Challenges and Supports?

Everyone is unique. We each have a different set of skills, knowledge, interests and experiences.

Understanding what those are will help you be successful in either employment or business. You likely already have more strengths and assets than you may realize like the support of family and friends. You will likely also have areas that you need to work on like needing more work experience or training.

Understanding what makes you unique can be a big help in being successful in whatever you may choose to do in life.

The hand has five fingers, working together. Each finger indicates strengths and challenges:

1. **Physical**
2. **Personal**
3. **Social**
4. **Financial**
5. **Knowledge**

Physical strengths could be being healthy or being able to do heavy work like lifting boxes. Physical challenges can be having a disability or ongoing illness.

Personal strengths can be having confidence, motivation and support from your family and friends, being able to handle stress or being creative. Personal challenges can be a lack of confidence, substance abuse, a lack of motivation or the demands and challenges of having a young family.

Social strengths can be good interpersonal skills, being seen as a good role model or having a good work/life balance. Social challenges can be shyness or having a lot of family responsibilities and little time for yourself to get involved in other activities.

Financial strengths can be being able to save money by budgeting, finding funds for local projects or knowing about banking online to help manage your money and monthly budget. Financial challenges can include a lack of sufficient income, giving your money to others or the high cost of living.

Knowledge strengths can be your education and skills, traditional knowledge or being bilingual. Knowledge challenges can be a lack of work experience or needing to know more about supports and opportunities in your community.



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