

## Sample format for Experiential Exercises

### EXERCISE: Identify your Strengths

**Perspective** Many health care providers have been drawn into medicine because their upbringing resulted in highly developed senses of empathy, responsibility and/or generosity. For example, many clinicians filled the role of caretaker in their families of origin and were highly valued for this service. This historical role can be both a strength and a weakness. It can be a weakness when it leads to blurred boundaries or inappropriate responses to the patients and learners with whom we work. Our family experiences as caretakers can be a strength in developing our empathic skills, and our sensitivity to people's needs for help.

In this exercise you will identify your strengths as a clinician and a teacher.

**Purpose** 1. If we know what our strengths are, it is easier to draw on them, especially in times of high stress.

**Procedure** 1. Everyone should take about 5 minutes to make a list of their strengths. This should be done on the following page.

2. Please list these on flip chart material, we will share these with each other and refer to them throughout the week.

3. As you see the strengths of others, you may want to review your list and add, change, or subtract things from your list.

**Product** 1. Every member of the group will have listed his/her strengths and posted them for others to see.

2. You will be able to see the similarities and differences among group members.

**Problems** 1. Some people find it difficult to identify their strengths.

2. We often feel highlighting that our strengths is a sign of arrogance.