

BOOK REVIEWS

At My Best Strengths Cards (Second Edition)

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¹ Solution Revolution

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Whether in education, therapy, coaching or organisational settings, a set of At My Best Strengths cards are an excellent resource for anyone who wants to encourage reflection, build connection, and bring out the best in others.

At My Best Strengths Cards (second edition)

At My Best (Work Positive Limited), 2024, 48 cards, from £12.50 per set

At My Best Strengths Cards were originally designed as psychology-based tools for professionals, yet their reach extends well beyond that description. They offer a creative and engaging way to help people of all ages explore who they are at their best.

I first came across the cards after leaving social care, while searching for tools that could support my solution-focused work. I initially wondered how they might translate into conversations with young people, but what I discovered was how naturally they opened up rich and meaningful dialogue. They helped young people to broaden their vocabulary, to think about what different words meant to them, and to link those ideas to the stories in their everyday lives.

Each card combines a carefully chosen word such as *calm*, *resilient*, *caring*, *analytical* or *strategic* — with an evocative image. This simple pairing invites curiosity and reflection, encouraging people to explore how these qualities show up in their own experiences. The process often helps shift thinking from a problem-focused to a possibility-focused perspective.

Research supports the use of card-based tools in coaching, therapeutic and educational contexts. Studies such as Fouracres and van Nieuwerburgh (2020) found that identifying strengths through cards enhances self-expression and self-awareness. Other research, including Karnieli-Miller, Nissim and Goldberg (2017), highlights how metaphor and image cards encourage exploration of values and richer storytelling.

In relation to solution-focused conversations, whether one-to-one, with a family or within a group, I would usually begin with the core solution-focused tools before introducing the cards. I see the *At My Best* cards as a

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valuable addition that can be integrated at different points in the interaction. They are particularly useful when someone is looking for a fresh or alternative way to engage in the conversation. Often, they act as a catalyst, helping to start a meaningful exchange or move the discussion forward in a new direction.

At My Best also produce a set of Good Question cards. Since receiving both sets, I have been using them across a wide range of contexts. They have featured in my work with adults, children, young people and adults with learning difficulties, as well as in group work, training and coaching sessions. In many ways, I have been carrying out my own informal qualitative research with the people I work with. What has consistently stood out is the versatility and adaptability of both the Strengths and Question Cards in so many different settings.

In my work with adults with learning difficulties, for example, there are moments when conversations can become a little stuck. On one occasion, introducing the Question Cards opened new possibilities and directions that aligned beautifully with the person's unique way of seeing the world. It was wonderful to watch his thoughtfulness and hear the richness of his responses to the questions.

The *At My Best* cards are very versatile, working equally well with every age group, and have a place in coaching, leadership and team development. Their interactive nature brings playfulness and curiosity into conversations, while supporting deeper reflection and connection. Whether in education, therapy, coaching or organisational settings, they are an excellent resource for anyone who wants to encourage reflection, build connection, and bring out the best in others.

More about the cards on the publisher's website: <https://atmybest.com/>

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