**Biography:**

Chandos is a social worker who has chosen to focus on advocacy and campaign work following a challenging journey to find a job post-graduation. Alongside doing my Master's degree in Human Rights Chandos supports various organisations to promote key social work values and encourage others to not define people solely on a definition.

**Abstract:**

A look into the lived experience of strength-based approaches on the growth and development of Chandos Green a disability and mental health advocate and social worker. This presentation will seek to show effective practices in the strength-based approach when used in practice and what more can be done from the perspective of those it aims to help.