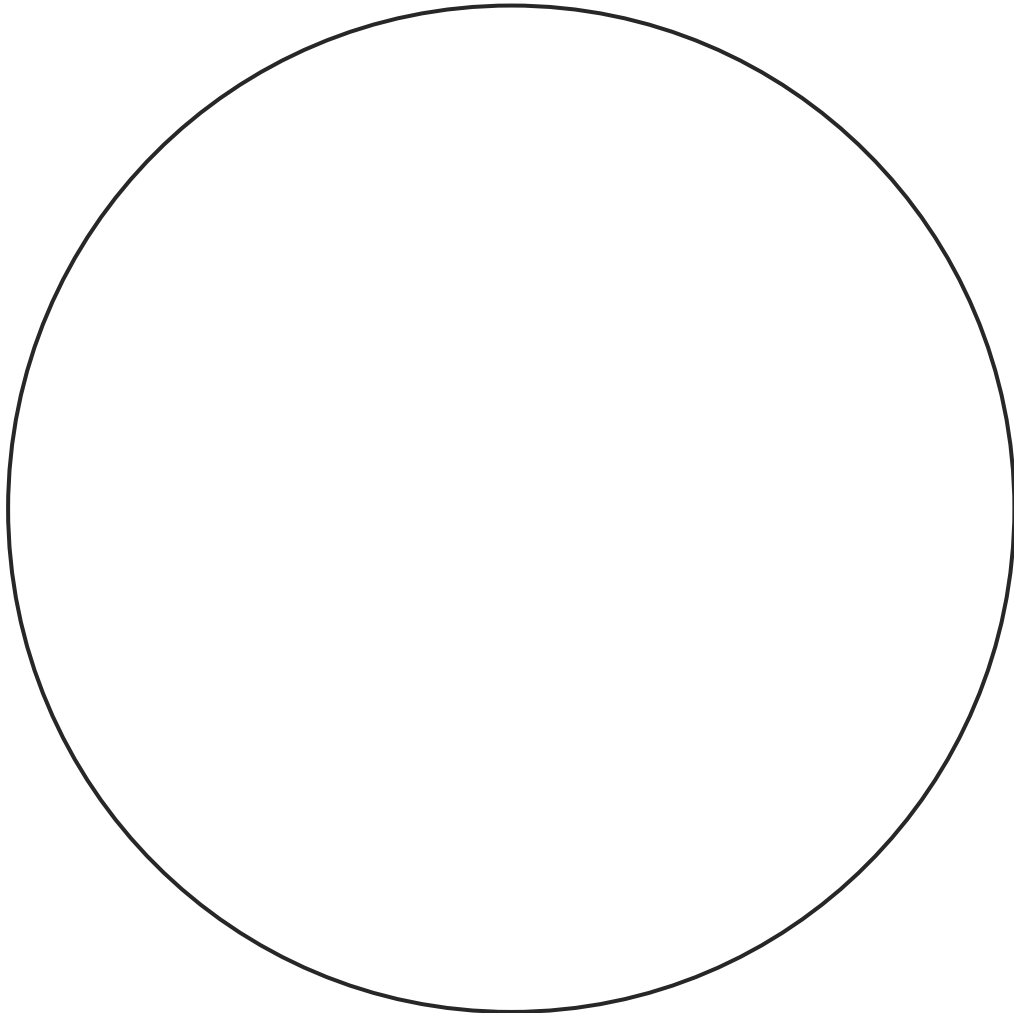


## Skills reflection

Consider how you would like to use your skills in your career, divide the circle below by the amount of time you would like to be using each:



<b>Strengths and skills</b>	
Strengths – what comes natural and you enjoy	Skills – practical experience and how you use them
<b>Development opportunities</b>	

**Read the strengths below and circle those that you enjoy using.**

Feel free to add anymore if they are not covered.

Activating	Empathetic	Motivated	Synthesizing
Analyzing	Energetic	Managing	Scheduling
information	Entertaining	Mentoring	Selling
Accurate	Enthusiastic	Monitoring	Setting-up
Action oriented	Evaluating	Motivating	Supervising
Adapting	Examining	Meeting people	Simplifying
Administering	Explaining	Mediating	Speaking
Adventurous	Editing	Marketing	Serious
Advising	Empowering	Negotiating	Self-controlled
Analytical	Fairness	Navigating	Spontaneous
Arranging	Flexible	Observant	Social intelligence
Artistic	Focused	Optimistic	Social skills
Authentic	Forceful	Open	Straightforward
Budgeting	Friendly	Open minded	Strategic thinking
Building teams	Fixing	Orderly	Tactful
Briefing	Formulating	Originality	Team oriented
Balancing	Finalizing	Organized	Thoughtful
Calm	Gathering information	Outgoing	Tolerant
Caring	Generating ideas	Overseeing	Trustworthy
Compassionate	Giving feedback	Persuading	Teaching
Communicative	Generous	Planning	Team-work
Confident	Helping	Preparing	Theorizing
Coaching	Honest	Presenting	Trouble-shooting
Collaborating	Humility	Problem-solving	Training
Consulting	Humorous	Proof reading	Tracking details
Co-coordinating	Imagination	Prioritizing	Using technology
Considerate	Implementing	Patient	Understanding
Courageous	Influencing	People skills	Upgrading
Creativity	Initiating	Perseverance	Updating
Critical thinking	Innovating	Persuasive	Verbalizing
Creative thinking	Interviewing	Persistent	Volunteering
Curiosity	Instructing	Practical	Verifying
Dedicated	Idealistic	Precise	Versatile
Determined	Independent	Problem solving	Visionary
Disciplined	Ingenuity	Prudence	Vitality
Decisive	Industriousness	Questioning	Warm
Detailed	Inspiring	Qualifying	Willpower
Delegating	Investigating	Researching	Wisdom
Directive	Integrity	Resolving	Writing
Developing people	Intelligent	Reporting	
Discovering	Kindness	Recording	
Designing	Learning	Repairing	
Data input	Listening	Reviewing	
	Locating	Respectful	
	Launching	Responsible	
	Leading	Relationship building	
	Leading change		
	Logical		