

All About Me

Self-awareness about your strengths and skills

How well do you know your strengths and skills? Are you using them enough?

Knowing your strengths and skills provides a solid foundation for personal growth and success. It allows you to focus on areas where you excel, boosting confidence and motivation, helping you feel positive and engaged.

Developing strengths and skills awareness can also help you make informed career choices, aligning your interests with your professional pursuits.



Aim

To develop your self-awareness, explore your character strengths, skills and talents and understand what makes you, YOU! Personally and professionally.

Definition

Strength - a characteristic that enables you to be/perform at your best. Your unique selling points (USPs).

- They differentiate you from others
- You enjoy using your strengths - they energise and lift you
- You may be using them not realising they are strengths

Skill - an ability or talent. Something you do well or have expertise in.

- You have learned this over time
- Having the skill to do something well may not bring you the same energy or enjoyment as a strength

Getting started

Write what comes out of your pen, without editing.

Allow 30 mins ***OR*** do the questions (part 1) and reflect (part 2) another time.



PART 1: QUESTIONS 3 things you loved to do as a child - and why

2 things that anger or frustrate you in the world - and why

What you do better than others

The activities/tasks that you get totally absorbed in and forget time

A seemingly small/dull activity task that gives you enormous satisfaction is...



You're really enjoying your work - you're at your best, feeling confident, self-assured and the work really interests you. Describe;

- The activities you're doing (at least 3)
- The environment you're in
- Who else is there and what they're doing
- The kind of organisation you're doing this work in, or for

What do your friends or family know you for?

1 thing that utterly drains you in a job or workplace is...(what and why)

The best job i ever had was...(because...)



PART 2: REFLECT

- What do you notice - generally? (positive only)
- What stands out?
- Name 2 potential strengths or more that are yours
- Anything else that seems interesting or important?