



Online Guide

Discover your strengths

presented by ILikeMyMondays

Key skills and competences



Remind yourself of a situation when you accomplished something important that turned out to be a success. What was the situation? Describe it in details. What skills did you use?

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What do you usually help other people with? What problems of other people do you usually solve because they know you're particularly skilled in this area?

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What is the profession your friends or family will choose for you based on your skills, competencies, passions, natural talent? Why?

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Make a list of your key skills and competences

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Key skills and competences



Think about your key skills, competences and experiences that you have had in different places. Write them down in the appropriate column.

What I learned in jobs prior to my current work	What I've learned at my work	What I learned on leave	What I learned elsewhere

Looking at the table: What do you observe? Any trends? Specific areas?

Key values and preferences



Think about a situation, where you were such engaged in an activity that you didn't realise the time. What activity was it? Why was it so engaging for you?

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What about your role at work do you particularly enjoy?

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What in your role would you like to do more of / less of?

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What do you value at work that makes you feel really full-filled and satisfied?

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My Notes

