

PHASE 3

STRENGTHS

What are your biggest Strengths which you really want to use? Sometimes Strengths and Skills can often cross over.

What is important with your Strengths is, these are so, so important for you to use or honour. You also want to check to see if the company you are about to work for uses or honours any of these.

Here are a few listed below. Would you like to add any?

STRENGTHS	YES	NO
Trustworthiness		
Enthusiasm		
Creativity		
Discipline		
Patience		
Respectfulness		
Determination		
Dedication		
Honesty		
Versatility		
Computer skills		
languages		
Training		
Technical ability		
People skills		
Analytical problem solving		
Planning skills		
dependable		
Flexible		
Hard working		
Expressive		
punctual		
Team player		

What do you find easy to do?

What comes naturally to you?

What makes you smile?

When going to work, what would you like to wear?

What are you confident about?

What would you regret not doing?

Ask your family, friends and colleagues what you are good at. What are they?

Take a Personality Profile. There are many different ones online such as:

DISC ASSESSMENT

MYER-BRIGGS TYPE INDICATOR

WINSLOW PERSONALITY PROFILE

THE BIRKMAN METHOD