

Skills and Strengths

Simply ask yourself some key questions and see what you can glean:

What type of activities are easier for me to pick up, practical tasks, communicating verbally, working with facts or numbers, working with written words.

List 4-5 things you enjoy doing that you feel you can do reasonably well compared to your peer

Work Environment and Culture

Work environment refers to what we can see in the workplace. For example, is it indoors or outdoors, customers versus no customers, busy versus calm and quiet, sitting versus moving around and active?

Workplace culture refers more to the communication style, attitudes, beliefs and priorities of that workplace. Its “personality” if you like. To be happy and successful in a workplace you will need to be reasonably comfortable with both.

Work Values

Understanding our own work values helps us

