



# Exploring personal strengths for employment

Age range: 11-16

 **BARCLAYS** | LifeSkills



## Pilot



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Top transferable skill:  
**Teamwork**

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Other core skills:  
**Proactivity, decision making**

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Interests:  
**Vehicles, travelling, languages**

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Personality traits:  
**Confident, observant,  
responsible**

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*'I make world travel possible'*

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## Social media manager



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Top transferable skill:  
**Communication**

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Other core skills:  
**Proactivity, decision making**

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Interests:  
**Writing, social media, reading**

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Personality traits:  
**Inventive, social, observant**

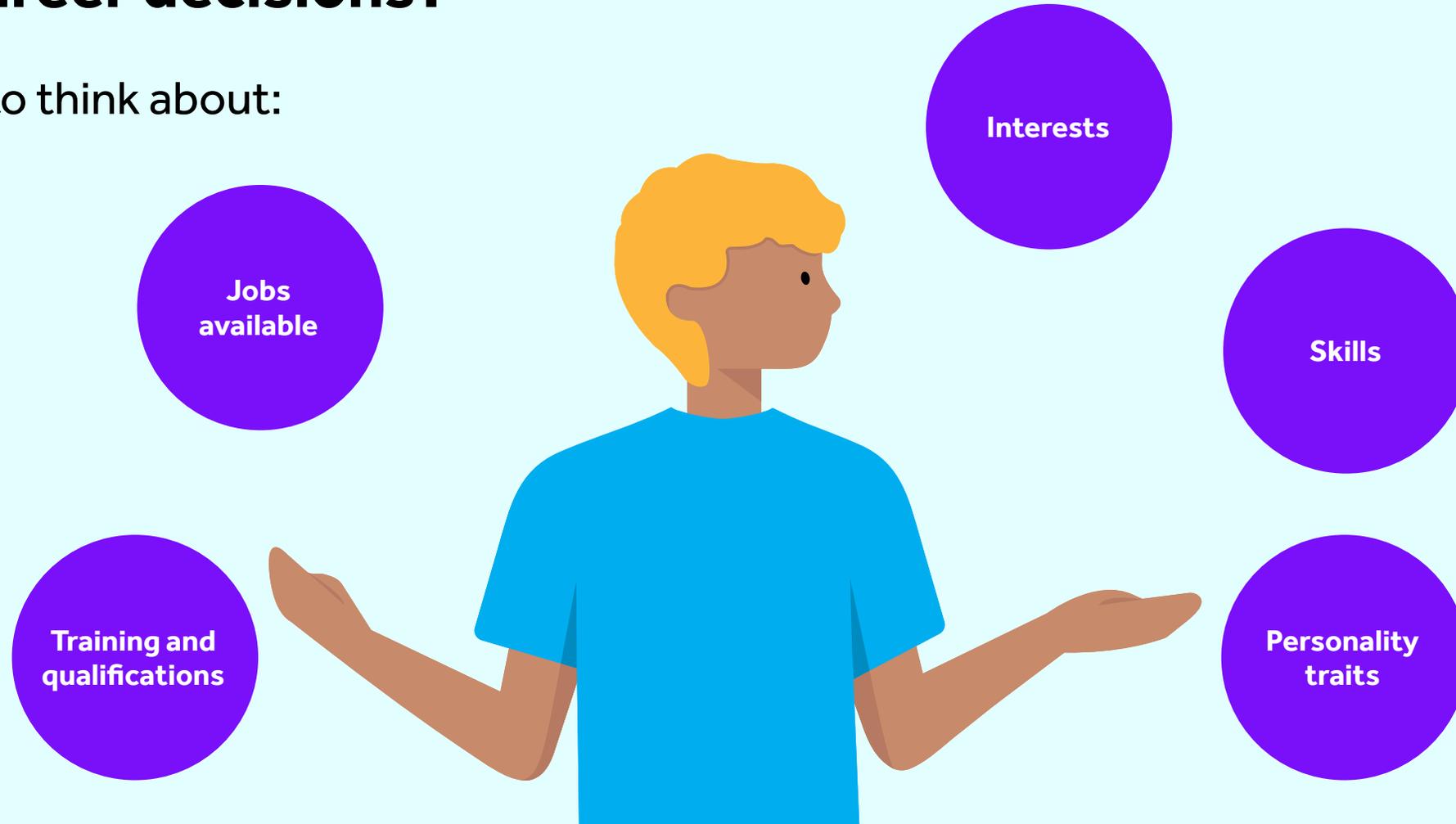
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*'I connect with people online'*

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# How can recognising our skills help us make good career decisions?

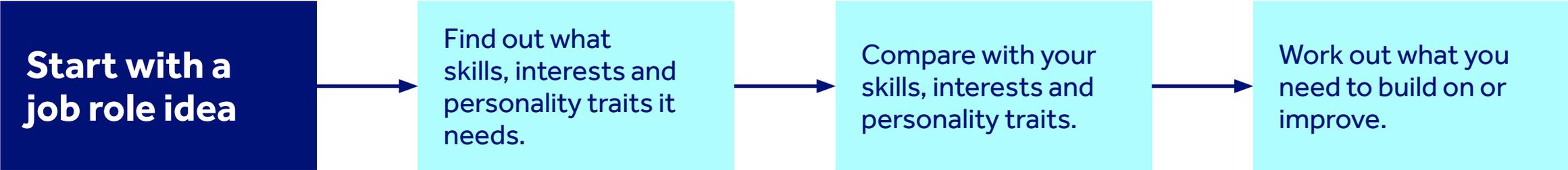
You need to think about:



# Start with you or start with a job role



or



# Identify skills, interests and personality traits

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<b>Interests</b>	<b>Skills</b>	<b>Personalities</b>
Technology	Organisation	Integrity
Sport and fitness	Teamwork	Patient
Science	Presenting	Outdoor enthusiast
Vehicles	Aiming high	Inventive
Environment and sustainability	Problem solving	Empathetic
Finance and business	Communication skills	Social
Art	Creative thinking	Curious
Fixing things and solving puzzles	Numeracy	Thorough
Current affairs	Staying positive	Observant
Reading	Decision making	Confident
Food	Leadership	Responsible
Social media and writing	Analytical	Respectful
Travelling and languages	Resilience	Enthusiastic
Fashion	Proactivity	Adaptable
Animals	Innovative	Debater

# Sam's skills and personality traits

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Analytical	Not at all	Lots	Score
I am able to understand complicated information	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		4
I draw information together and spot opportunities	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		

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Enthusiastic	Not at all	Lots	Score
I show enthusiasm and do things properly	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		6
I am willing to learn and improve	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		

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Communication skills	Not at all	Lots	Score
I listen well and make sure I understand instructions	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		3
I am clear and concise when I talk or write	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		

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Organisation	Not at all	Lots	Score
I plan what to do and finish on time	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		3
I am careful and pay attention to detail	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		

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Numeracy	Not at all	Lots	Score
I can use maths to solve everyday problems	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		2
I can work with tables, graphs and data	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		

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Integrity	Not at all	Lots	Score
I am honest and trustworthy	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		4
I do the right thing	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		

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Problem solving and creative thinking	Not at all	Lots	Score
I can usually work out what's wrong	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		4
I can come up with ideas and take action	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		

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Teamwork	Not at all	Lots	Score
I work well with others and do my fair share	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		2
I help others and respect differences	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		

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Decision making	Not at all	Lots	Score
I can share my ideas and take on board other views	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		3
I can use the facts to make good choices	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		

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Adaptable	Not at all	Lots	Score
I am able to adapt to different circumstances	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		4
I am comfortable in unpredictable situations	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		