



Exploring personal strengths for employment

Age range: 11-16

 **BARCLAYS** | LifeSkills



Pilot



Top transferable skill:
Teamwork

Other core skills:
Proactivity, decision making

Interests:
Vehicles, travelling, languages

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

'I make world travel possible'

Social media manager



Top transferable skill:
Communication

Other core skills:
Proactivity, decision making

Interests:
Writing, social media, reading

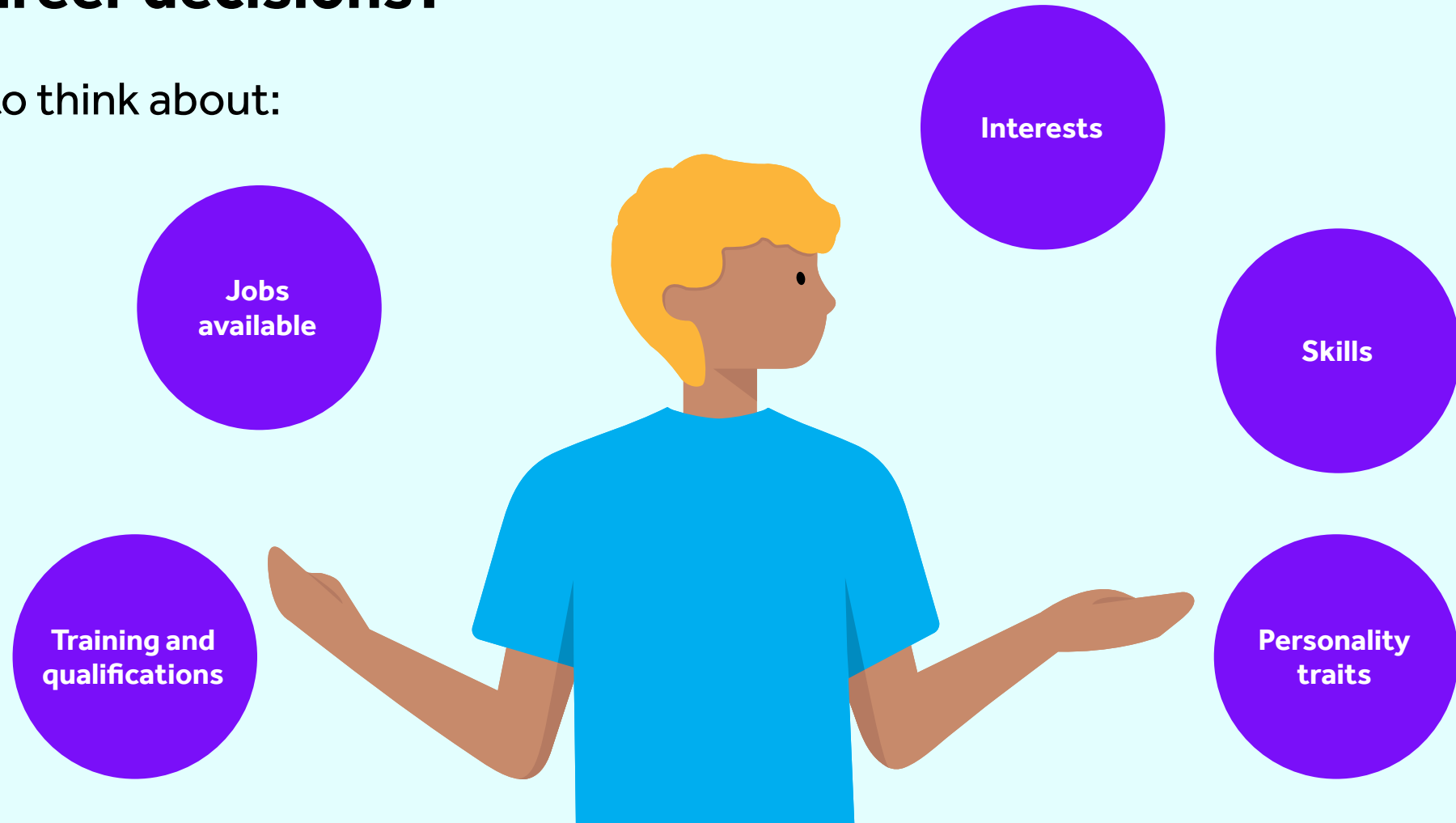
Personality traits:
Inventive, social, observant

'I connect with people online'

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

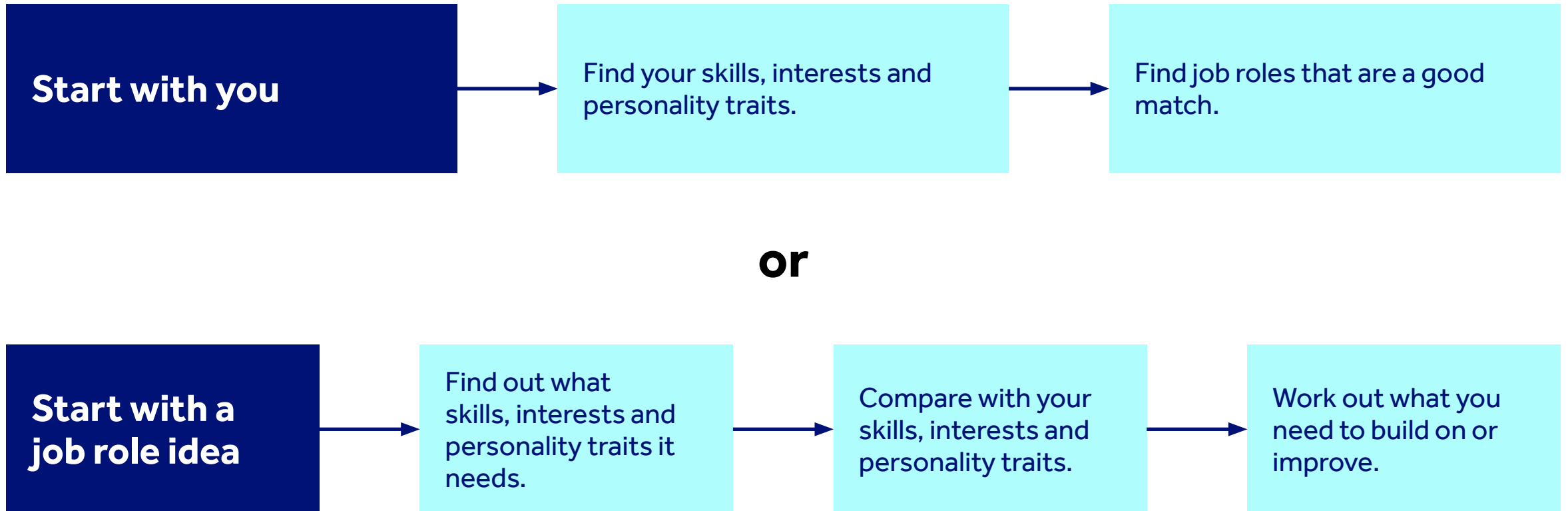
3

You need to think about:



Start with you or start with a job role

4



Identify skills, interests and personality traits

5

Interests	Skills	Personalities
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

	Not at all		Lots	Score
Analytical				
I am able to understand complicated information	✓	✓		4
I draw information together and spot opportunities	✓	✓		
Enthusiastic				
I show enthusiasm and do things properly	✓	✓	✓	6
I am willing to learn and improve	✓	✓	✓	
Communication skills				
I listen well and make sure I understand instructions	✓	✓		3
I am clear and concise when I talk or write	✓			
Organisation				
I plan what to do and finish on time	✓			3
I am careful and pay attention to detail	✓	✓		
Numeracy				
I can use maths to solve everyday problems	✓			2
I can work with tables, graphs and data	✓			

	Not at all		Lots	Score
Integrity				
I am honest and trustworthy	✓	✓		4
I do the right thing	✓	✓		
Problem solving and creative thinking				
I can usually work out what's wrong	✓	✓	✓	4
I can come up with ideas and take action	✓			
Teamwork				
I work well with others and do my fair share	✓			2
I help others and respect differences	✓			
Decision making				
I can share my ideas and take on board other views	✓	✓		3
I can use the facts to make good choices	✓			
Adaptable				
I am able to adapt to different circumstances	✓	✓		4
I am comfortable in unpredictable situations	✓	✓		