

Self Awareness – How good am I?

Your unique gifts – What do I do really well?

2 truths - that you are already good enough

- 1) You are resourceful
- 2) You are capable of great results

Have a think.....about the subtle tricks we often use to ignore gifts.

Remember sometimes you take your strengths for granted.

Often you qualify a strength with a weakness.

Perhaps you just don't know how good you are.

How many times do you feel embarrassed to blow your own trumpet?

Identifying skills is really powerful as we can link it to new areas for personal development and growth

Identifying skills, abilities, qualities and knowing exactly what our personal strengths are, creates a real picture of who we are....a sense of self to reinforce 'believing we can'....that we are capable and in fact have a particular flair or strength in a certain area.

It helps us realise our potential, where we can utilise our skills by transferring them - making us feel purposeful...enabling us to contribute....whether with friends, family, society and to have valued roles.

We are social animals and all have needs in relation 'feeling a part of'....a real sense of inclusion. It helps us identify areas that we can build upon and so develop self esteem, worth and happiness.

Being aware of what we have achieved and the skills involved; builds positive images and gives us personal confidence.

TIP:

Even if we are not feeling particularly confident, we can develop little tricks to help.....make your body look confident.... think of your posture....head up! Shoulders back.... you look confident...surpriseyou will be confident..... a bluff?

No that's how it's done!!

Worksheet 1

LIST THE THINGS THAT YOU CAN DO, THINGS YOU ARE GOOD, VERY GOOD AND EXCELL IN.....PAYING ATTENTION TO THE COMPETENCY GROUPS ON PAGE 5.

SOME POINTERS...ARE YOU CREATIVE? WHAT ABOUT HAVING DETERMINATION? SELF-RELIANCE? PERSUADING & INFLUENCING? NEGOTIATING? EMPATHY? CARING?

Make a list on the left then try and group it to a collection of competencies	
I can....I am really good at.....my qualities, abilities, aptitudes, knowledge are....	Can you link this to a competency Page 5?

Worksheet 1 (Cont)

OFTEN IT HELPS TO GET FRIENDS AND FAMILY TO FEEDBACK TO YOU ABOUT WHAT YOU ARE GOOD AT...REMEMBER, WE ALL HAVE BAGGAGE AND SOMETIMES WE DO NOT SEE OURSELVES AS OTHERS SEE US!!

I can....I am really good at.....my qualities, abilities, aptitudes, knowledge are....	Can you link this to a competency Page 5?

Table of Competencies

WE NEED SKILLS AND KNOWLEDGE TO ACHIEVE BUT COMPETENCY IS THE COLLECTIVE BEHAVIOUR. IT IS THE 'HOW' OF CARRYING OUT AN ACTION. MANY SKILLS AND ABILITIES CAN BE DRAWN TOGETHER TO CREATE A PARTICULAR COMPETENCY....

Using Competencies		
Competency	At home/socially	At work.. college or volunteering
Building Relationships	Joining a club/leisure	Meeting new students, networking, customers
Problem Solving	Wallpapering – calculating materials, arranging furniture. Storing food in cupboards	Fixing a jammed photocopier, responding to a mistake and rectifying
Communication Skills	Discussing the news, giving your opinion to family or friends, listening to friends	Answering the phone, writing reports or letters. Discussing issues with peers
Team Work	Cooking a meal with others	Working on a departmental budget or a particular task with colleagues
Getting Results	Completing a task in time for friend visiting, getting baby bathed before a certain time	Winning an award, getting a promotion
Planning & Organising	Organising a Birthday Party, arranging invitations, food and venue	Creating a staff rota, timetabling studies, working to deadlines
Flexible & Adaptable	Adapting and responding to major life changes e.g. moving house, change to routine	Taking on extra duties, changing hours of study or work
Developing Others	Teaching your children to swim, care for their pet. Showing a friend how to paint and decorate	Mentoring other students, coaching new staff how to carry out a new task. Sharing skills with colleagues