

Session 3 – Picking jobs to suit you





As you take part



Think about what you might enjoy in a role.

Do you want to bring your personality to work? Or do you want to feel passionate about what you're doing, even if it's challenging?

There's no one-size-fits-all path.



Meet Aaron, Visitor Experience Assistant

Aaron shares his experience of changing his career plans during the pandemic and entering the workplace. He talks about his autism diagnosis.



“I could be public with my disability and people were very accepting of it because we are a diverse community.”



Meet Aaron, Visitor Experience Assistant





Discuss



Talk in pairs or small groups before
sharing with the wider group

How important is it to find a job where you
can bring your whole self to work, like Aaron
describes?



Reflect



Think about your personality – we all have natural preferences about the way we think and behave.

One way people do this is to think about the DISC personality model. For each, a list of qualities and characteristics are listed, and each letter is attached to a colour. Most people identify with qualities and characteristics that are a mixture of colours.

Dominance

Influence

Stability

Conformism



Reflect

Select cards that match your personality:

Direct

Energetic

Calm

Precise

Assertive

Spontaneous

Helpful

Curious

Self-starter

Enthusiastic

Loyal

Objective

Goal-
orientated

Motivating

Patient

Detail-
orientated



Meet Tim, Gardener

Tim discusses the different roles he had before he found his passion for gardening, as well as talking about his physical disability.



“It turns out I probably can do most of the things, maybe a bit slower.”



Meet Tim, Gardener





Discuss

Talk in pairs or small groups before
sharing with the wider group

What's more important to you – finding a job
that you are good at or a job that you like to
do?



Reflect

Think about what matters to you within the workplace.

Many jobs include a variety of tasks, with some activities you do more of and some you do less often.



Reflect

Think about your own preferences as you complete this table:

	Often	Sometimes	Rarely
Working outside	✓		
Speaking with the public		✓	
Doing physical labour	✓		
Working with numbers			✓



What did you think?



Whether you were leading a session, or taking part, we'd love to hear your thoughts.

Share your feedback in this short form:

<https://forms.office.com/e/tqdCgnVY9V>