

Session 2: Understanding your skills





As you take part



Think about the skills you already use every day; in school, at home and with friends.

Some are learned and others come naturally. All of them count.

Meet Theo, ICT Support Engineer

Theo talks about how his experience with the Prince's Trust (now King's Trust) led to an apprenticeship and full-time job



“I don’t think you should look at it as, oh, I want to be this job title when I’m 30 or 40.”



Meet Theo, ICT Support Engineer





Discuss

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

What are the benefits of thinking about work as a step-by-step process, as Theo mentions, rather than planning for a whole career?



Reflect

Have you heard of hard and soft skills?

- Hard skills are often technical and learnt while working (such as programming, data analysis or technical writing).
- Soft skills are non-technical, often part of people's personalities and can be developed in the workplace.



Reflect

Circle the skills that feel relevant to you:

Communication

Creativity

Listening

Organisation

Adaptability

Teamwork

Empathy

Positivity

Planning

Listening

Problem-solving

Reliability

Confidence

Patience

Persistence

Time management

Helpfulness

Attention to detail

Self-motivation

Curiosity

Meet Lucy, Conservator

Lucy talks about how she works in a job that she never knew existed and how her skills were transferrable.



“I could probably do something like that to combine my interests.”



Meet Lucy, Conservator





Discuss

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

Would it be possible for Lucy to do her job without the soft skills (communication, compromise, self-motivation and discipline) that she mentioned?

Why or why not?



Reflect

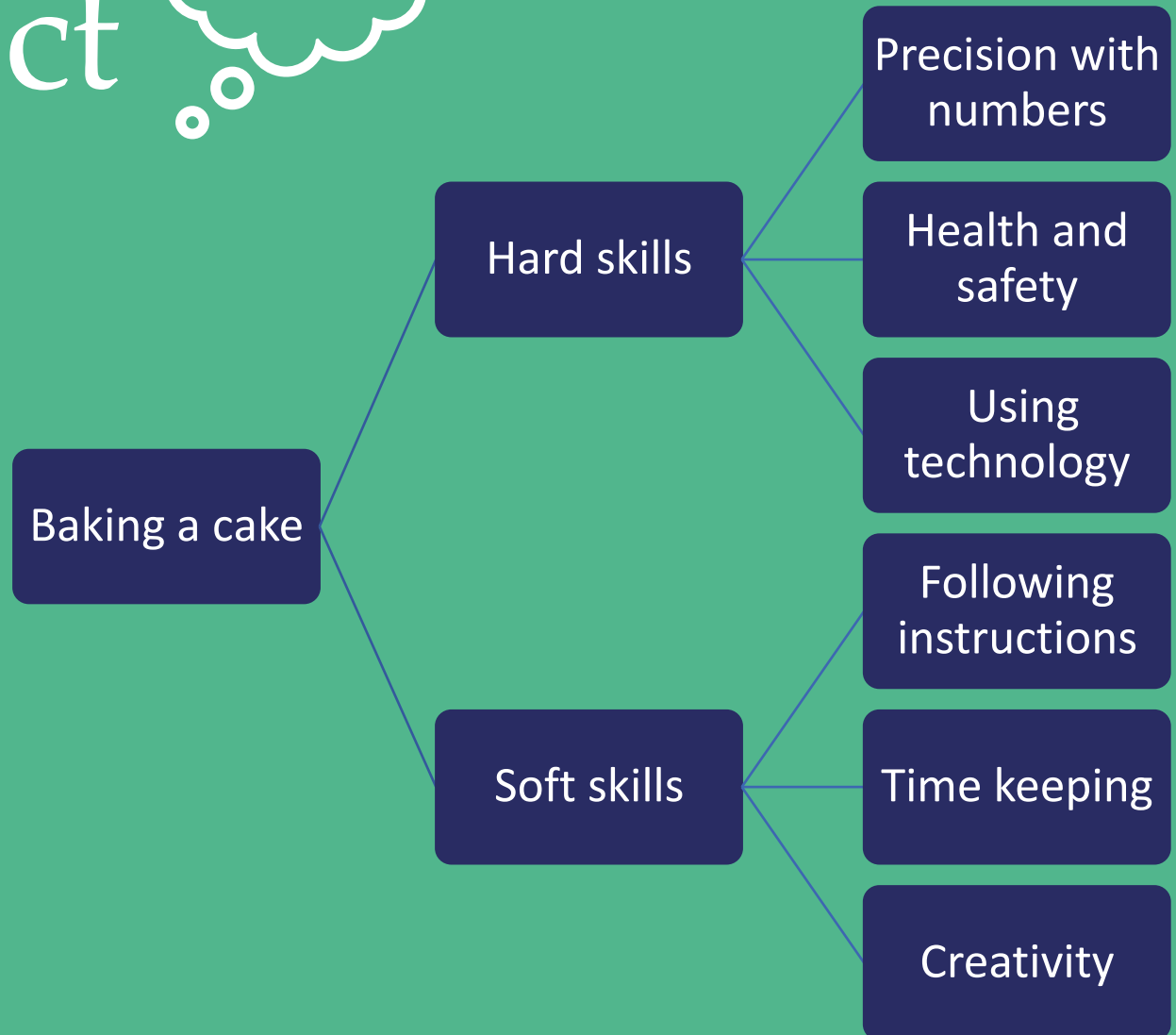
Think about how you spend your free time and how this breaks down into hard and soft skills, which could be transferable.

Everyone has and uses skills in their everyday lives which will be valuable in the workplace. It doesn't have to be a sport or creative activity, it could relate to which social media accounts they follow, or what they choose to watch, listen to or read.



Reflect

Complete your own example:





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>