



Pack 3: Picking jobs to suit you

Meet Aaron, Visitor Experience Assistant

Watch the video and discuss: How important is it to find a job where you can bring your whole self to work, like Aaron describes?

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

Reflect on personality models and how this is relevant to work.

Introduce the DISC (Dominance, Influence, Stability, Conformism) personality model, sometimes referred to by its four colours – Red, Yellow, Green and Blue. Ask individuals to look at these cards and select four of them which they think reflect themselves. It is likely that people will have cards from different colours, although some people might have more cards from one colour.

If the group know each other, they could try handing a card, from the pack or one they have picked up, to someone else. It can be a good exercise to see if you can recognise these qualities and characteristics in others.

Discuss how this might impact working with other people, especially when some people might feel quite different to them, while bringing your whole self to work.

Meet Tim, Gardener

Watch the video and discuss: What's more important to you, finding a job that you are good at or a job that you like to do?

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

Reflect on what matters in the workplace.

Ask individuals to reflect independently on what matters to them within the workplace.

Many jobs include a variety of tasks, with some activities you do more of and some you do less often. This scale exercise can be used to consider this in more detail. If individuals are feeling indecisive, you could suggest that they can only tick each column three times, to focus their thoughts.

Direct

(Red)

Assertive

(Red)

Self-starter

(Red)

Goal-orientated

(Red)

Energetic

(Yellow)

Spontaneous

(Yellow)

Enthusiastic

(Yellow)

Motivating

(Yellow)

Calm

(Green)

Helpful

(Green)

Loyal

(Green)

Patient

(Green)

Precise

(Blue)

Curious

(Blue)

Objective

(Blue)

Detail-orientated

(Blue)

Your space for additional notes:

	Often	Sometimes	Rarely
Working outside			
Speaking with the public			
Doing physical labour			
Working with numbers			
Working on a computer			
Working creatively			
Travelling for work			
Working independently			
Working flexible hours			

Your space for additional notes: