



# ican... TOUCH IT

## Playing to my strengths

To realise your full potential in life it helps to have a rich mix of different skills.

Having identified some doors that could help you bring your passions to life, this section will now enable you to maximise these opportunities by building on the skills you love. It will help you to explore roles that fully utilise these skills and highlight sectors of employment that also excite and interest you.

You have far more skills than you may think and you will have gained these through a blend of working, learning, playing and giving as you progress through the week of your life. While you may be “good” at certain things you will also “love” particular skills and talents.

### **PARTY EXERCISE**

To identify the skills you both love using and are good at, imagine you are at a party. As you walk round, you are greeted by ten different groups of people (see opposite), each who love using a particular set of skills. Firstly choose the group you feel most at home with as they too use the skills you really love using. Then some time later they have to go! Which group would you then join? Then finally, you have a chance to meet your third favourite group. Who would they be?

Make a note of these on the ‘Touch It’ section of your iCan poster.

Have a look at your top three groups over the page and tick the skills you see as your real strengths. These will be important when you think about the sectors of employment and roles you may wish to use these skills in.



## THE MUSICIANS

People who like playing, composing or simply being around music



## THE ACTIVES

People who enjoy anything to do with sport and leisure



## THE HANDY-ANDIES

People who enjoy using their hands, working with objects or tools, making, preparing and fixing things



## THE CREATIVES

People who love arts, words, language, being creative, innovating and using their imagination



## THE THINKERS

People who like to reflect, think, philosophise and make plans about themselves and others



## THE COMMUNICATORS

People who love relating to others including selling, motivating, educating, teaching, and negotiating



## THE SUITS

People who love being in the world of commerce and business



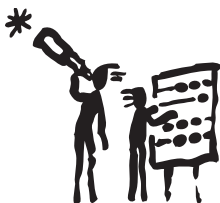
## THE CARERS

People who like to help, cure or support others



## THE GREENIES

People who love nature, animals, the outdoors and/or caring for the environment



## THE MATHEMATICIANS

People who love numbers, science and logic

We are all good at different things. We can celebrate this and look for opportunities to share these with others who may have different skills to us.

# ME AND MY SKILLS...

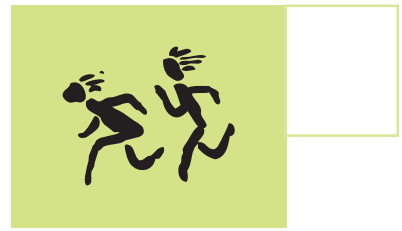
Tick the skills you feel you love and are good at, starting with your favourite three groups.



## THE MUSICIANS

*People who like playing, composing or simply being around music*

- Performing
- Collaborating
- Practicing
- Recording
- Producing
- Improvising
- Orchestrating
- Composing
- Singing
- Entertaining



## THE ACTIVES

*People who enjoy anything to do with sport and leisure*

- Exercising
- Exploring
- Well-being
- Sporting
- Adventuring
- Playing
- Dancing
- Organising
- Engaging
- Travelling



## THE HANDY-ANDIES

*People who enjoy using their hands, working with objects or tools, making, preparing and fixing things*

- Building
- Repairing
- Making
- Crafting
- Administrating
- Cooking
- Cleaning
- Painting
- Tending
- Maintaining



## THE CREATIVES

*People who love arts, words, language, being creative, innovating and using their imagination*

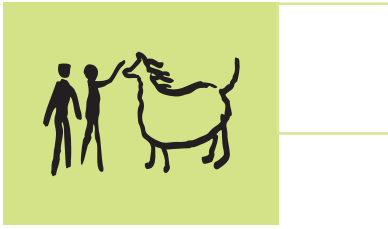
- Inventing
- Creating
- Imagining
- Designing
- Changing
- Developing
- Connecting
- Drawing
- Visioning
- Writing



## THE SUITS

*People who love being in the world of commerce and business*

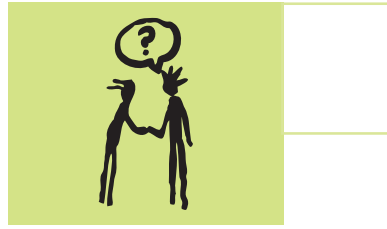
- Selling
- Persuading
- Fundraising
- Marketing
- Enterprising
- Leading
- Initiating
- Championing
- Promoting
- Risk-taking



### THE GREENIES

*People who love nature, animals, the outdoors and/or caring for the environment*

- Protecting
- Preserving
- Salvaging
- Planting
- Conserving
- Growing
- Regenerating
- Re-cycling
- Tidying
- Saving



### THE COMMUNICATORS

*People who love relating to others including selling, motivating, educating, teaching, and negotiating*

- Communicating
- Team working
- Teaching
- Presenting
- Listening
- Motivating
- Inspiring
- Managing
- Liaising
- Educating



### THE THINKERS

*People who like to reflect, think, philosophise and make plans about themselves and others*

- Reflecting
- Thinking
- Planning
- Learning
- Reviewing
- Researching
- Processing
- Reading
- Philosophising
- Observing



### THE MATHEMATICIANS

*People who love numbers, science and logic*

- Accounting
- Evaluating
- Solving
- Analysing
- Forecasting
- Appraising
- Budgeting
- Financing
- Computing
- Systematising



### THE CARERS

*People who like to help, cure or support others*

- Helping
- Caring
- Sharing
- Supporting
- Understanding
- Mentoring
- Empowering
- Befriending
- Loving
- Assisting

To be employed is to be at risk. To be employable is to be secure. Highlight additional skills you need to develop further to stay employable in the future.