

Identifying Skills that Motivate You

A skill is a talent or ability which you possess naturally or can learn and develop through training and experience. For example, organisation skills, analytical skills, communication skills.

Step 1: Answer questions 1-4 in the description box

Situation	Description	Relevant Skill – see list below
1. Think of the most enjoyable job you've ever done. This could be paid, voluntary or a project at home. What activities were you doing?		
2. Imagine it's a Sunday night and you are looking forward to activities and projects in the week ahead. What will you be doing?		
3. Think about a time when you surprised yourself by doing something you didn't know you were capable of doing. What did you do?		
4. Remember a time when you went out of your way to help someone or solve a problem. What skills did you use?		

Step 2: Match the activities you have listed above to the different skills categories below;

For example: chatting with my colleagues to come up with new ideas for the business – Skills would be: Teamwork and Creative

List of skills

Information: research, data, analysis

Imagination/Creative: Creating, designing, building

Planning and Systems: structures, processes, organisation

Growth and Enterprise: making new things happen, being an entrepreneur

Teamwork: working collaboratively with others

Problem Solving: Helping people with their problems; technical problems; organisational problems – thinking of new ways to do something

Customer service: helping people to gain the service or outcome they require

Influencing People: leading, driving change, managing stakeholders

Developing People: coaching, training, mentoring