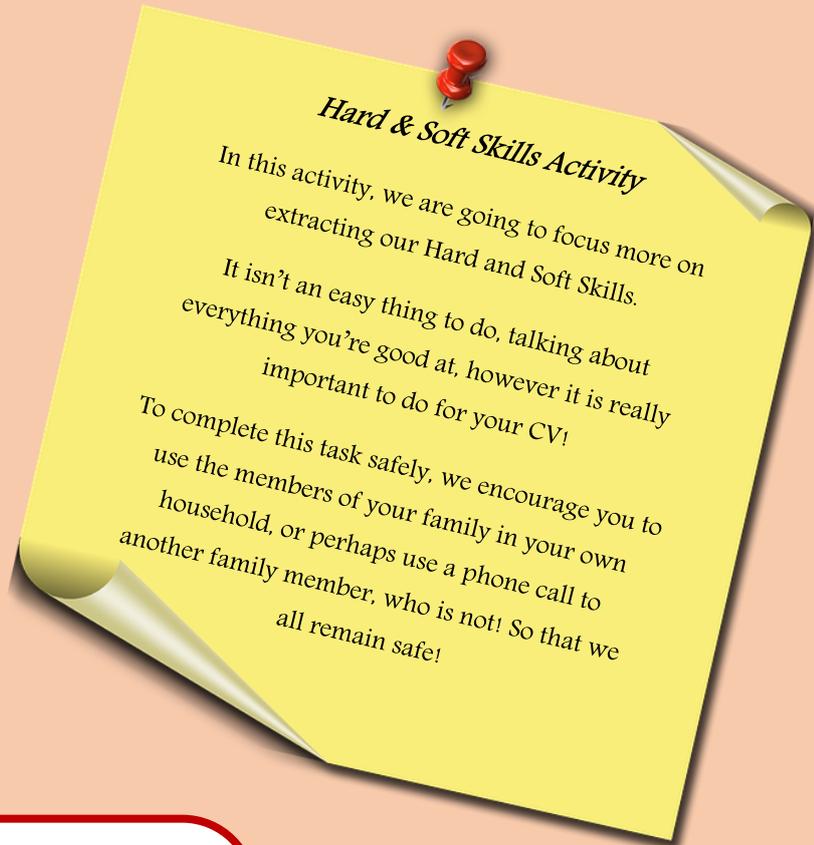




This is very much a 'pair & share' activity! Simply put, you must share what you feel you are good at, or have accomplished in your life so far, with your partner.

When you are the one who is listening, you must make sure you're paying attention to all of the things your partner talks about, so you can give them feedback!

Once you have finished talking through your strengths and accomplishments, hopefully you will have a list in which to sort into the categories table, found at the bottom of the worksheet.



Soft Skills, did any of these make your list? Cross out the ones you did! Or use these for some inspiration if you are stuck!

- Teamwork Communication Problem Solving
- Adaptability Creativity Time Management
- Empathy Good Listener Open Minded
- Self Confidence Decisive Self-Motivation

Build Your CV!

Remember!

- **Hard Skills** - are those that can be taught in a classroom, and can be defined, evaluated, and measured. E.g. First Aid Qualification or a Subject Grade in school!
- **Soft Skills** - are skills that you continue to develop throughout your life, such as; Communication & Empathy

Hard Skills	Soft Skills