Strengths and Transferable Skills

List your top 5 Themes/Strengths from the Strengths assessment tool on the lines below.

1. ______________________________________________________________________

2. ______________________________________________________________________

3. ______________________________________________________________________

4. ______________________________________________________________________

5. ______________________________________________________________________

Now, think about where your top 5 Strengths can be found in the following list of transferable skills. Circle as many skills that connect with your strengths; if you think of others, add it in on the Other Skills portion.

- Strong Work Ethic
- Communication
- Teamwork
- Initiative
- Interpersonal
- Problem-Solving
- Analytical
- Flexibility/Adaptability
- Detail-Oriented
- Organization
- Leadership
- Self-Confidence
- Friendly/Outgoing
- Tactfulness
- Creativity
- Strategic Planning
- Entrepreneurial/Risk Taking
- Attitude/Sense of Humor

Other Skill(s): ____________
Now, using the transferable skills that you connected with your strengths, think about how you demonstrate these skills using your strengths.

**Examples:**

(Includer Strength/Teamwork Skill): I utilize my strength of inclusion for developing teamwork in a group setting by making sure all voices are heard and information shared.

(Discipline Strength/Organization Skill): I demonstrate my strength in discipline through the organization I utilize to plan out my week. Using a planner, every weekend I take a look at the week ahead and plan for the events I have coming up, making sure to adjust my schedule for enough time to accomplish all my daily tasks.

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(Strength/Transferable Skill)  
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