Identifying Transferable Skills & Career Pathways

After Session Activity

Take some time this week to reflect on your passions and strengths. Consider the activities that bring you joy and the skills you excel at. Think about how these elements can shape your future goals and the direction you want to take in your personal and professional life.

Reflection:

- What activities or tasks do you find most enjoyable and fulfilling in your daily life?
- What are your key strengths and skills that you feel most confident about?
- How do your passions and strengths align with your current career or personal goals?
- What new opportunities or challenges would you like to explore in the future?
- How can you leverage your strengths to achieve your long-term aspirations?

AI or Tech Resource to Help

Consider utilizing a free tools, such as O*NET, My NextMove, or a strengths finder, to delve deeper into roles that align with your interests. These tools can provide valuable insights into various career paths and help you identify opportunities that resonate with your passions and strengths.

Reflection:

- Are there any new roles or industries that you hadn't considered before but find intriguing?
- What steps can you take to develop the skills needed for these roles?

By reflecting on these questions, you can gain a clearer understanding of the direction you want to take and make informed decisions about your future career path.