

## Stage 1 - Self Exploration Complete



### *Congratulations on completing the 1<sup>st</sup> Stage*

You've done well to complete the 1<sup>st</sup> Stage and while it may have been challenging in parts, I do hope it was also revealing and that you now have a better understanding of who you are especially in terms of how it affects your career choices.

You will find the information you have uncovered so far very useful as a job hunter, and in completing this programme (especially Stages 3 and 4).

### **Using information from 1<sup>st</sup> Stage – Self exploration:**

#### **Motivated skills:**

Will show what you like doing and what you are likely to be good at. It will also indicate areas where you can improve. This gives you an opportunity to brush up in those areas. Any improvements will mean you will have more to offer.

#### **Values:**

Allow you to decide what meaning a particular job has for you, and communicate this. When well communicated they show employers the stuff you are made of.

#### **Interests:**

Will help you decide on occupations that will stimulate you. Expressing how your interests match the interests of a particular job to an employer is always a good idea.

#### **Personality:**

Highlights your strengths as well as areas where you may need to develop on a personal level.

Your personality is a good reference point that will help you build a large part of your **Profile**, and communicate your personality strengths to potential employers.

#### **Achievements and strengths:**

Are excellent for showing employers what you are capable of doing. Always keep them in mind.

#### **Barriers:**

Knowing your barriers is invaluable. They highlight your weak areas when it comes to job hunting, thereby allowing you to address these weaknesses.

More on this in  
Stage 3 Step 12