

BECOMING

Package of Career Guidance and Development (CGD) services for workers including the user guide for CGD operators

PRACTICAL ACTIVITY N. 4

EXPLORE YOUR STRENGTHS AND WEAKNESSES



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Objectives and time

- ▶ The personal Strengths and Weakness helps the workers to uncover their own situation. By knowing their strengths, the workers can focus their efforts on the things that they're good at. And, by understanding their weaknesses, they know what to avoid, what to improve, and where they need to get help.



- ▶ Time: About 120 min



STRENGTHS

Explore your strengths. Imagine yourself in a situation at your company where you performed a task or implemented a project, preferably together with others. What were your prominent strengths at the time?



STRENGTHS



STRENGTHS

- Reliable
- Cooperative
- Enthusiastic
- Adaptable
- Goal oriented
- Creative
- Methodical
- Curious
- Motivated
- Resilient to pressure
- Organized
- Patient
- Open-minded
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Pick two strengths and describe a situation where you have used/showed them:

1.

2.

WEAKNESSES



WEAKNESSES

- Stubborn
- Controlled by impulse
- Take risks
- Always late
- Talks too much/too fast
- Needs to be in control
- Cautious
- Slow
- Recluse
- Impatient
- High expectations
- Weak knowledge in language
- Difficult in taking quick decisions
- Pessimist
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-

Pick two weaknesses and describe a situation where you have showed them:

1.

2.

Exercise

- ▶ **Below is a potential situation at work. Please explain one strong point and one weak point in facing this situation.**
- ▶ Tomorrow is the deadline for completing very important tasks at your workplace. Within your work team, Thomas is the colleague with a very technical role in implementing the task. But suddenly Thomas tells you that he can't come to work and you have to substitute him.



John example

STRENGHT POINT	WEAK POINT
I really care about my colleagues and I am very goal oriented. So I will do my best in facing this unpredictable situation and help my team in reaching the objective.	I am lazy in learning new things/new task. Moreover I always want to have everything under control so I don't feel comfortable in facing this unpredictable situation

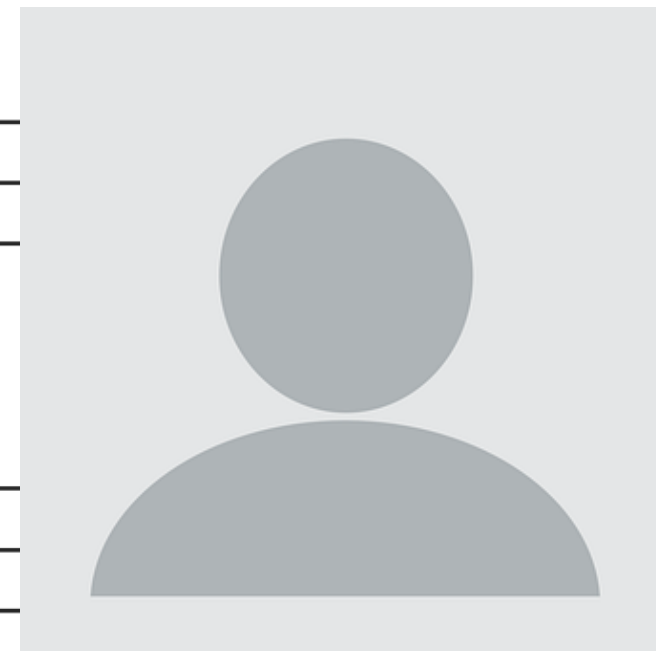


Now it's your turn

My strength point:

-

My weak point:



You just completed this training unit.

Congratulations!



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