

My squiggly career map

Discovering the **skills, experiences,** and **strengths** that travel with me, and how to make the most of them.

My career timeline

Every experience counts. *Include ALL jobs, volunteering and side hustles*

Experience	Dates	What I did	Top skill developed

Experiences outside of work

It's surprising where and when you develop certain skills. *Include hobbies, life experiences, caring responsibilities and personal projects*

Experience	Dates	What I did	Top skill developed



Transferable skills library

Tick every skill you've used at least once

Personal skills

- | | |
|-------------|-----------------------|
| Listening | Customer service |
| Coaching | Negotiation |
| Influencing | Facilitation |
| Teamwork | Relationship building |

Technical skills

- | | |
|-------------------|--------------------|
| Problem solving | Decision making |
| Creativity | Analysis |
| Critical thinking | Strategic thinking |

Business skills

- | | |
|-----------------|---------------------|
| Planning | Project Management |
| Organisation | Prioritisation |
| Time Management | Process Improvement |

Add your own

Skills I'm most confident using

Choose up to three:

- ▶
- ▶
- ▶

Skills I'd like to develop more

Choose up to three:

- ▶
- ▶
- ▶



Career themes



What patterns keep showing up in my experience and skills? for example helping people, problem solving.

- | | |
|-------------|-----------------------|
| Listening | Customer service |
| Coaching | Negotiation |
| Influencing | Facilitation |
| Teamwork | Relationship building |



What are my top five transferable skills?

- | | |
|-------------------|--------------------|
| Problem solving | Decision making |
| Creativity | Analysis |
| Critical thinking | Strategic thinking |



What gives me energy? I feel happiest and most engaged when I am...

- | | |
|-----------------|---------------------|
| Planning | Project management |
| Organisation | Prioritisation |
| Time management | Process improvement |



What I want more of in future roles. The skills and experiences you want to build.



Next step



What's one small action I could take in the next month to help my career planning/job search?

This could be anything from updating LinkedIn to attending an event or having a conversation.