SELF

LAUNCH

Strengthening Your Career

Consider your most successful and rewarding projects and roles. How did your realised strengths help you achieve this?

Tip: Consider which strengths have led to the most successful moments in your life and which leave you feeling proud. Identify the ones that will be key to your future, even if you don't know how yet.

Consider times when you have struggled with tasks or job roles. Which learned behaviours or weaknesses were you using and which strengths were you not able to use?

Tip: Avoid careers where you are using your weaknesses. You could get to 'good enough' in these areas but it won't make for a successful and rewarding career. Not using your strengths could lead to a draining work life.

Which strengths are critical for you to use in future job roles? Which learned behaviours or weaknesses is it important to avoid using?

Tip: Consider which strengths you can't imagine being without – the ones that are core to who you are. This will help you think about the culture of the organisations that would suit you. There may be some weaknesses you can compensate for with strengths and some that are simply best avoided.

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Which unrealised strengths would you love to be using more in the future? What do you need to do to develop these further to get some experience?

Tip: Consider the ones that excite you the most – the ones you've always wanted to get involved with somehow. Get involved in something outside of your current hobbies and roles, and try to expand your experience in this area so you have something to talk or write about.

How does your Strengths Profile suggest you might prepare for an application process?

Tip: Consider how your whole profile will play out in job searches, CV building, and applications. What sort of deadlines will you set yourself? When will you be at your best to complete them? Where will you excel and where might you need some help?

How does your Strengths Profile suggest you might prepare for an interview or assessment centre?

Tip: Consider your whole Profile when it comes to turning up on the day. What will it take to be your best authentic self and show the real you? How will you ensure you give the right responses, leave a lasting impression, and be organised on the day?