

# Career Management Skills

**Self** – is all about you as an individual. Understanding your personality, analysing your interests and assessing your values, will help you make the right career decisions.

**Strengths** – knowing what you're good at, assessing your talents, skills and your achievements to date and thinking how you can build on these.

**Horizons** – being aware of the bigger picture of what opportunities are out there. Exploring options such as university and college courses, jobs, Modern Apprenticeships, training programmes, volunteering or taking a gap year.

**Networks** – knowing where you can get help and advice in making a career decision and on how to find a job, training or a college or university place.