The Buzz: Discovering your personality
WARM UP

“She sits and she shines”

“Six stick shifts stuck shut”
Aims & Objectives

• Career Management Skills: planning for the future

• Self-help resources

• Better understand yourself and your natural strengths

• How to access more help
What do I like and dislike? What type of person am I?

Personality
Interests
Values

What am I good at? Do I have skills that I would like to use?

Talents
Skills
Personal Qualities

What’s out there for me?

Work?
College/Uni?
Modern Apprenticeship?

Who can help me get to where I want to go?

Family friends?
Careers Advisers?
Teachers?

Understanding your personality, interests and values is key to making the right career decisions.

SELF

Know how to use your talents, skills and personal qualities.

STRENGTHS

Explore the world of work, training and learning

HORIZONS

Identify who can help you, and how, in your career journey

NETWORKS
Self Help Resources: My World of Work

The help you need for the career you want

My career options
Learn and train
Getting a job
Happy and Successful People

Believe in Yourself

Know your Strengths

Have a Plan

The Right Attitude

It’s about how you are clever rather than how clever you are.

Success is relative and subjective
Where does your energy come from: E or I?

**Erin**
- I think out loud
- I prefer variety and action
- I like to act quickly
- I’m a good talker
- I like to give my opinion

**Ian**
- I think before I speak I prefer quiet
- I like to be careful
- I’m a good listener
- I keep my thoughts to myself
How do you process information: S or N?

**Sharon**
- I look for the facts
- I look for details
- I focus on what works now
- I prefer using what I’ve learned
- I’m more practical and sensible

**Norman**
- I look for the possibilities
- I like to work out what it means
- I focus on how to make it different
- I prefer learning new skills
- I’m more of a dreamer and imaginative
How do you make decisions: T or F

**Tom**
- Task then people
- I tend to follow my head
- I ask, ‘Is it the right decision?’
- I like rules and principles
- Telling it ‘how it is’ more important
- I tend to give and take criticism quite easily

**Fiona**
- People then task
- I tend to follow my heart
- I ask, ‘How will it affect people?’
- I like pleasing people
- Giving praise is more important
- I tend to be careful saying things that could upset someone
Attitude to life: J or P

**Janice**
- I like to plan and organise
- I like writing lists
- I like to keep things tidy
- I prefer it when I’ve finished a task
- I usually work at a steady pace until the job is done

**Paul**
- I like to wonder how things will turn out
- I don’t like writing lists
- I don’t mind things untidy
- I prefer it when I’ve started a task
- I often work at the last minute to get things done.
What animal are you?