

Date:

Name:

CURRENT SITUATION

Skills

What are your strengths? What are you like as a person?
Which role suits you?

Example

Meticulous
Creative
Good physique
Problem solver

Experience

What experiences do you have?
What have you done earlier in life?

Example

Coach for the youth team
Bookkeeping in the bridge club
Worked in a restaurant
Music teacher

Interests

What is your interest profile?
What duties do you want to have?

Example

"The energetic practitioner"
Run your own projects
Work with practical hands-on tasks

GOAL

Career options

Which occupation or professional field best matches your current situation?

Values and dreams

What are your values?
What is important in a job?

Example

High salary
Work indoors
Many colleagues
Easy to get a job
Practical work