

Exercise

Summary

Go back over the exercises you have completed (including career test if completed) and write a summary of what you have learned. This should include **who you are, what you can do, what you need and what you want to develop**.

My main areas of expertise are:

My most important practical experiences are:

My main skills are:

My primary strengths and attributes are:

How others see me? (strengths, areas for development)

What I need to thrive at the workplace (my motivators and needs):

What things are important for me at the workplace? (based on my core values:)

My main areas of interest, some that have implications for the future:

This is what my life looks like at the moment in terms of balance/harmony (a few conclusions from your Wheel of Life):