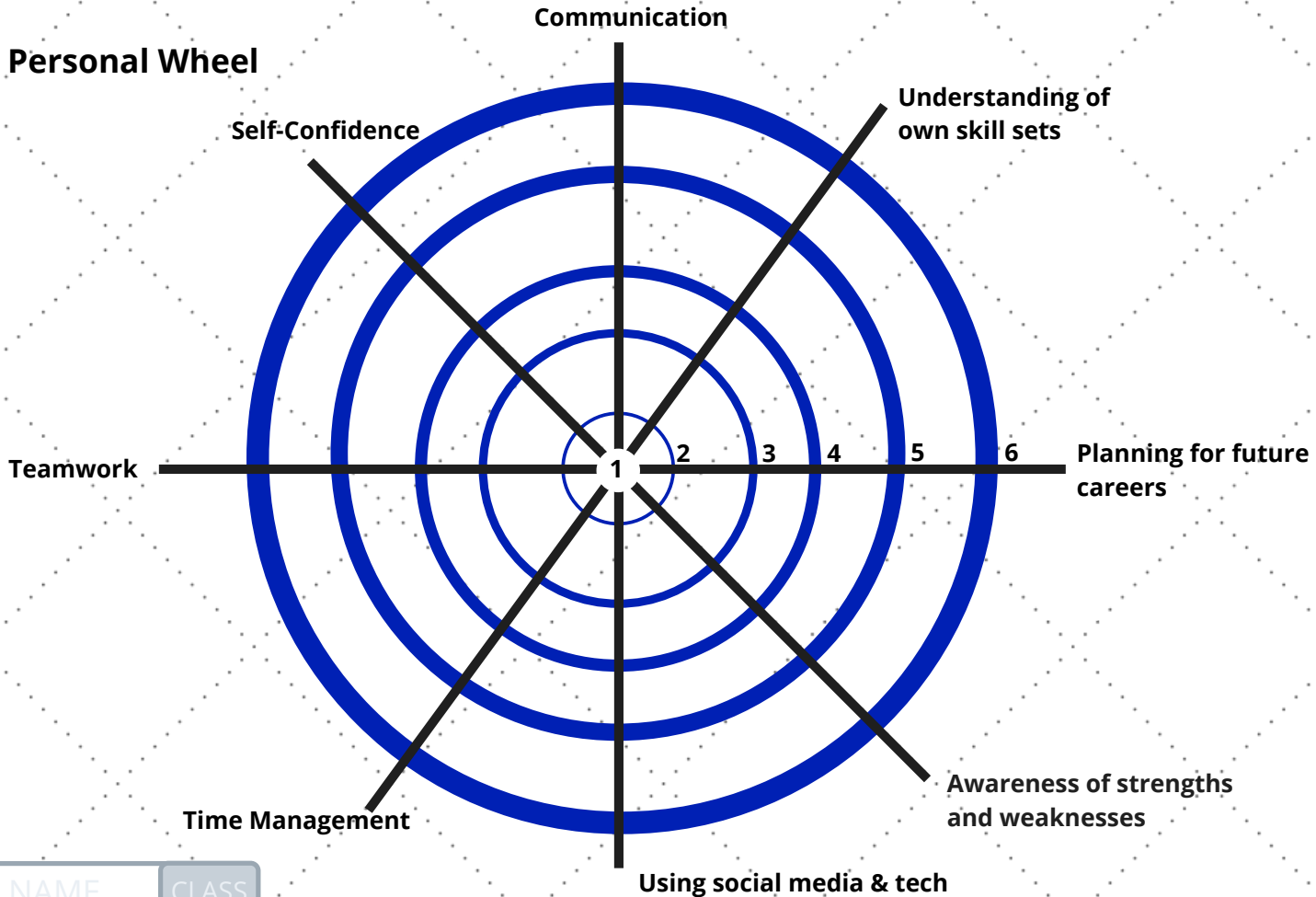
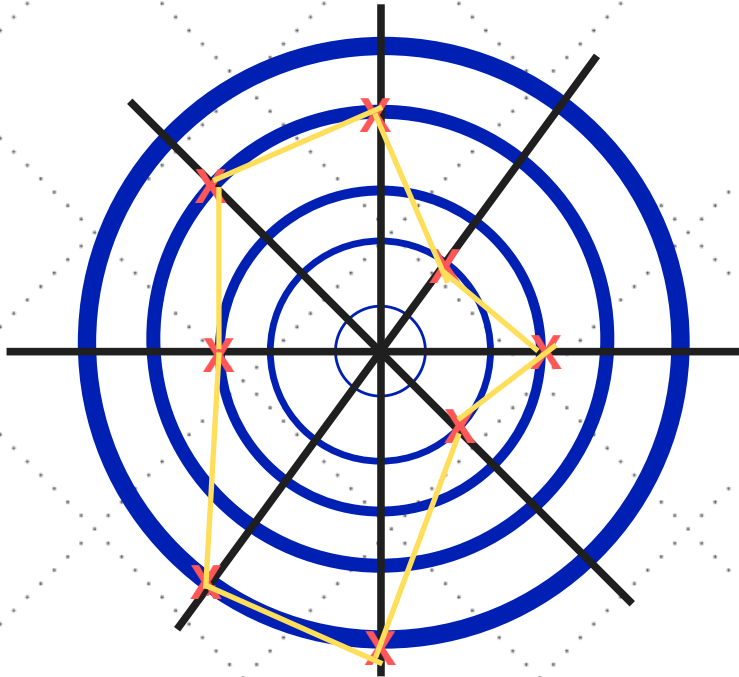


Your Personal Wheel



NAME

CLASS



How to fill in your personal wheel

In this exercise, each of the pieces of the wheel represent a core skill or behaviour about yourself.

Seeing the centre (1) of the wheel as having low or non of that skill/behavior and the outer (5) meaning you have a very strong level of skill/behaviour, mark against where you think you would rank.

Once you have done all eight, connect each of the points you make into a circle.

Review in three months with your teacher to see how much you have grown. Make comments in the boxes on the next pages to share your thoughts on how you are developing

What Each Point Means

Teamwork

The ability to work together with a group of people to achieve a common goal creating a positive working atmosphere, and supporting each other to combine individual strengths to enhance team performance.

Self-confidence

This is a person's belief or trust in their own ability to begin and/or complete tasks, achieve milestones and belief in reaching a form success relatable to them.

Communication

This is much more than words going from one person's mouth to another's ear. Messages are transferred by the tone and quality of voice, eye contact, physical closeness, visual cues, and overall body language.

Understanding of own skill sets

Talent exists within every single one of us. However, knowing what talents a person has can empower them to take up tasks which they will love, challenge them and be good at it.

Planning for future careers

The options after school are many. Whilst college is the most commonly known route, there are many other routes out there. Planning involves knowing about yourself, your career interests and what careers are out there.

Awareness of strengths and weaknesses

Every individual has strengths and weaknesses. Identifying them allows a person to spend more time on areas which they need to work on to become stronger as a person. It's important to be honest here.

Using social media & tech

Both social media and tech play a huge role in our lives. It's good to know how to use it to present yourselves online and be able to reach out to employers, learn more about apprenticeships and ask as many questions.

Time management

This refers to the way that you organise and plan how long you spend on specific activities enabling you to work smarter – not harder – so that you get more done in less time, even when time is tight and pressures are high.

Your Comments

Teamwork

Self-confidence

Communication

**Understanding of own
skill sets**

**Planning for future
careers**

**Awareness of strengths
and weaknesses**

Using social media & tech

Time management