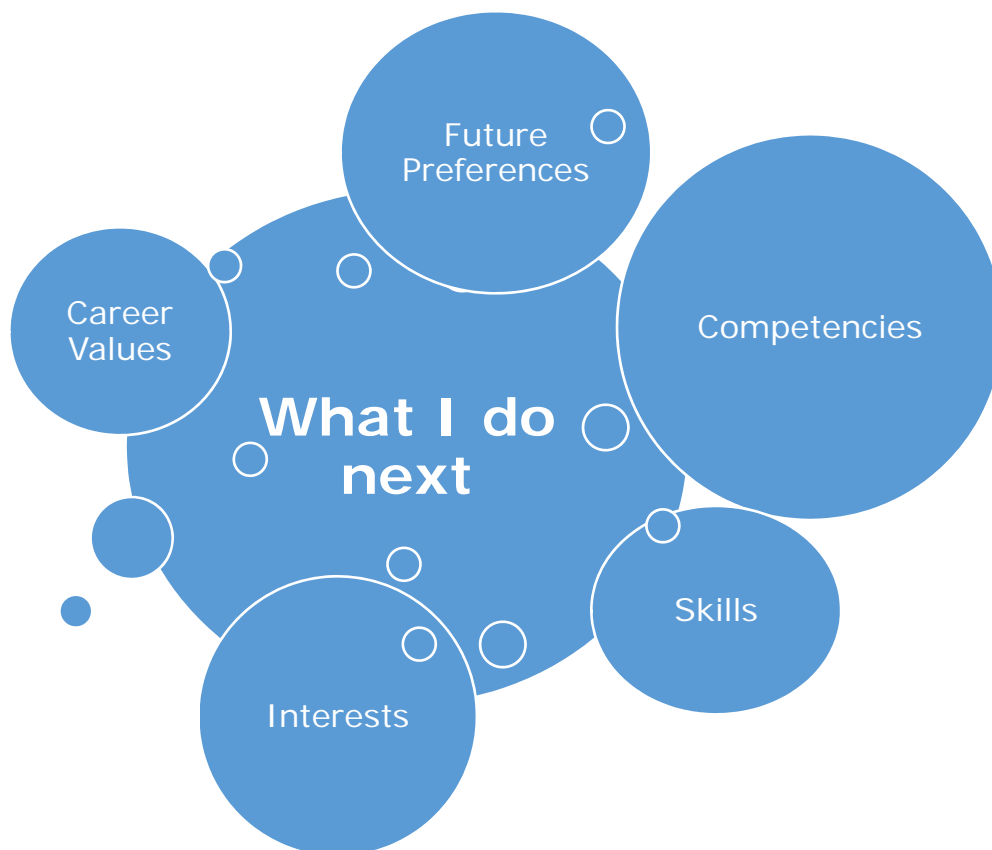




Introduction to Understanding Yourself

As described in our guide to 'facing transition', any form of career transition can often bring confusion and uncertainty. This is natural and often unavoidable, therefore the key is how to move on from this and make the best decisions in the given circumstances.

As indicated in the diagram below there are a number of different factors which will help inform what you 'want to do next' and by developing a clearer understanding of what motivates you or keeps you interested is likely to lead to a more informed, and hopefully better, decision.



Using These Tools

To support your personal understanding of each of these factors we have developed a series of 'diagnostic' tools covering each of the key areas of information (personal interests, career values, skills, behavioural competencies, and working preferences).

Whilst these tools are mainly designed to help you understand yourself and what types of work interest you or would fit with your values at the outset of your journey through the career transition, they can equally be applicable at a later stage when you have found a role or job sector. At this stage, you may find these tools helpful in evaluating

how well you might fit with a specific role or in helping you identify areas of strength to inform an application form for example.

What Next

Each of the diagnostic tools below can be accessed through our website.

- career interests,
- career values,
- working preferences,
- skills, and
- behavioural competencies,

The intention is that these can be used in isolation or alongside our Career Transition Support guides to help inform a 'Personal Career Plan'.