

TOP 5 TIPS

Self-assessment tools:

Knowing me, knowing what to do



PICK A SELF-ASSESSMENT TOOL AND TRY IT OUT

Do you know what's really important to you?
What your top skill is? How you work in a team?
Try a self-assessment tool (or tools) and see
what findings you get.



REFLECT ON THE FINDINGS

You thought you were an introvert, but your
findings suggest otherwise? Have a think
about the output of the self-assessment
tool you used.



ASK A FRIEND

Not sure where your strengths lie? Try asking a friend,
family member or colleague, or why not all three?



APPLY YOUR FINDINGS

Now you've got a clearer idea of
what's important to you, use this
to help develop your career. Look
for opportunities to try things out
in your role or beyond it.



FIND A BUDDY

Find a buddy who's also interested in learning more
about themselves, discuss what you've been finding out
about yourself via self-assessment tools with them.