



Who you are - introduction

This section of the course will help you to find out more about yourself and what is important to you in your working life.

To find employment or a lifestyle that you'll love and find rewarding, you need to understand what is important to you. You also need to consider your skills and strengths, your priorities, and your values and motivations, and how these fit into the future you have in mind.

In this section of the course, there are a selection of tasks and exercises which you can choose from.

You can do these in whichever order you want, but, completing each section of the jigsaw below will help you to identify what you want from your working life and career. The more activities you complete, the clearer the picture will be.