Over the years, you have developed many skills. It is important to know what you are good at and what you enjoy doing.

Key Transferable Skills		
Ability to delegate	Manage money/ budgets	
Ability to plan	Organize and manage projects	
Results oriented and meeting goals	Team player	
Customer service oriented	Written communications	
Supervise and instruct others	Work independently	
Enlisting help	Computer skills	
Meet the public	Cooperate	
Increase sales or efficiency	Enforce policies	
Accept responsibility	Punctuality	
Desire to learn & improve	Attention to detail	
Time management	Accepting responsibility	
Set and meet deadlines	Decision making	
Solve problems	Implement decisions	
Data and Information Management		
Analyze data or facts	□ Keep financial records & manage money	
Sort data and objects	Calculate, compute	
Compile and rank information	Count, observe, compile	
Investigate and research	Detail-oriented	
Audit records	Take inventory	
\Box Compare, inspect, or record facts	Evaluate	
Communication		
Speak effectively and speak in public	□ Interview	
Write clearly and concisely	Edit and revise content	
Listen attentively and objectively	Paraphrase a message	
Express ideas	Use logic and reasoning	
Facilitate group discussion	Remember information	
Provide appropriate feedback	Create new ideas	
Negotiate and persuade	Prefer details	
Perceive nonverbal messages	Understand the big picture	
Research and report information	Convey feelings appropriately	
□ Use various forms of communication	Express one's needs and opinions	
Use media formats to present ideas	Convey a positive self-image	
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Research, Design and Planning	
Formulate relevant questions	□ Anticipate consequences of action
Imagine alternatives	Conceptualize and create ideas
Identify information sources	Observe and gather information
\Box Follow through with a plan	Formulate hypotheses
Manage time effectively	Calculate and comparing
Predict future trends and patterns	Develop theory
\Box Make and keep a schedule	Identify resources
Set goals and priorities	Outlining
□ Identify alternatives courses of action	Identify resources
Design programs	Think critically
Extract important information	Predict and forecast
Assess and define needs	Solving problems
Analyze and investigate	Evaluate
\Box Analyze and test the validity of data	
Human Relations and Interpersonal	
\Box Keep a group on track	Counsel others
Maintain group cooperation	Represent others
Delegate tasks and responsibilities	Cultural awareness
Perceive feelings and situations	\Box Respect, tolerance and cooperation
Convey feelings appropriately	\Box Kind, patient, caring and supportive
Understand the feelings of others	Tactful and diplomatic
Persuade others	Supervise others
Make commitments to people	Speak in public
Be willing to take risks	□ Interview others
Teach a skill, concept or principle	Anticipate needs
Analyze behavior of self and others	High energy
Demonstrate effective social behavior	Open minded
Work under pressure	□ Trustworthy
Be sensitive	Negotiate
🗆 Listen	Understand
Motivate others	Adaptable
□ Share credit and recognition with others	

Self Management	
Dependable	Self motivation
Enthusiastic and positive attitude	Adaptability and flexibility

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Management & Leadership	
Initiate new ideas	Self-motivated
Handle details	Results oriented
Managing groups	□ Share leadership and empower others
Motivate and lead people	Think of others
Delegate responsibility	Team builder
Teaching, coach, counsel	Mediate and resolve conflict
Promote change	Solve problems
Sell ideas or products	Take risks
Analyze tasks	Make decisions
Identify and recruit talent	Lead
Identify resources	Meet deadlines
Organize people and tasks	Take on responsibility
Negotiate agreements	Set priorities
Run meetings	Interpret policy
\Box Explain things to others	Determine policy
Creativity	
	Create visual displays
Draw, sketch, render images	Brainstorming new ideas
Present artistic ideas	Improvising
Expressive	Thinking visually
Other Transferable Skills	
Using your hands	□ Follow instructions
Assemble or make things	Operate tools and machinery
□ Safety conscious	Drive or operate vehicles
□ Build, observe, inspect things	Repair things
□ Construct or repair	Use complex equipment
Other Skills You Have	

Over the years, you have developed many skills. It is important to know what you are good at and what you enjoy doing.

Take Stock of Your Transferable Skills

Review the lists of transferable skills and place a check mark next to all the skills you have. Then go back and highlight the 10 underlined skills you would enjoy using most. Write these top 10 skills in the spaces below and write a brief example of how you have demonstrated each skill in a job or relevant activity. This will help as you consider career options. It will also help you enhance your resume and prepare for interviews.

Your Top 10 Transferable Skills	Example of How You've Used Each Skill
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.