Speaking to the Skills I Have Online Workshop
Module 1 & Handout 1

Your Skills, Abilities and Attributes

Take a few moments, and in point form list as many *skills, abilities, and attributes* you believe you have. (Do not list *tasks* you can perform)

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

© 2020 Workplace Education Manitoba. All Rights Reserved.

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

Welcome to the beginning of gathering your “Raw Materials” that you will require for future exercises.

This list will serve as a helpful resource as you move through the Speaking to the Skills I Have workbook.

© 2020 Workplace Education Manitoba. All Rights Reserved.