

Speaking to the Skills I Have Online Workshop Module 4 & Handout 1

Unpacking your Essential Skills and Personal Management Basics

One method that can be used to discover examples of our past success is the practice of “unpacking”.

Unpacking is the idea of going from something “big” to the smaller pieces that make up the “big”.

Think of it as unpacking a toolbox - taking out all the pieces and organizing them into “like groups” that provide meaning.

For example, in a toolbox, you might separate all the screwdrivers into 1 pile, cutting instruments into another pile and perhaps measuring devices into yet another pile.

Together all the separate pieces contribute to a well-stocked, useful toolbox.