BRAINSTORM ON YOUR SKILLS IN TERMS OF THREE CATEGORIES:

› **Professional competencies**
  *The skills you have acquired during your studies or relevant jobs*

› **Personal competencies**
  *The skills that relate to your person*

› **General Competences**
  *The skills you have acquired from extra curricular activities, spare time hobbies or the like*

E.g. specific theories or methods, programming languages, academic skills

**PROFESSIONAL COMPETENCIES**

E.g creative, ambitious, flexible, humorous, service minded, empathic, result-oriented

**PERSONAL COMPETENCIES**

E.g language skills, specific IT programs, workshop facilitator, presenter

**GENERAL COMPETENCIES**