

## Personal Profile



Name .....

Centre .....

### My story so far

To make the most of your contribution to the success of your enterprise activity, take some time to:

- Think about yourself
- Analyse your skills and abilities, your likes and dislikes, your strengths and weaknesses and,
- Work out where they'll be best suited

This is your chance to look at all aspects of your life (school, home, work, work experience, social, and hobbies) and:

- list your experiences and achievements
- show what you have learned from different kinds of experiences
- reflect on your feelings about them

This will help you to build up a picture of yourself and work out your priorities, not just for your enterprise project but to make plans for the future.

Use the questions on the following forms as a starting point.

## Part 1: List what you do

Experience	details
<b>Work history</b> Relevant experience, past or current, such as: <ul style="list-style-type: none"> <li>• Work experience placement</li> <li>• Full time work</li> <li>• Part time work</li> <li>• Unpaid work or voluntary experience</li> </ul> Include details such as job title/type of work, duties, skills you use(d), what you learn(ed), what you get out of it	
<b>Personal life</b> Caring or helping: <ul style="list-style-type: none"> <li>• Family</li> <li>• Friends</li> <li>• At school or college</li> </ul> Include details such as what you do, how you are involved, skills you use(d), what you learn(ed), what you get out of it	
<b>Spare time</b> Teams or clubs you're in: include details such as positions of responsibility, duties, skills you use(d), what you learn(ed), what you get out of it	
<b>Other relevant experience</b> Involvement in projects or events (individual or group): <ul style="list-style-type: none"> <li>• Organiser</li> <li>• Team member</li> </ul> Include details such duties, skills you use(d), what you learn(ed), what you get out of it	

## Think about what you do: look at your list of experiences above

Experience	Feelings and reactions
List the activities you were successful at and explain why	
List the activities you were least successful at and say why	
List the activities you enjoyed most and explain why	
List the activities you least enjoyed and say why	

**Part 2: what you're like: use your list from part 1**

Questions about you	details
What are you good at? (your strengths)	
What do you like about yourself?	
Do you have areas for development? Describe them.	
Is there anything about yourself you'd like to change?	
Do you have skills and qualities that would interest an employer?	
Do you have any qualities that might put an employer off?	

**Part 3: where you could be heading: use information from parts 1 and 2**

Questions about your potential	details
What kind of careers do you think your skills, qualifications and personal qualities could equip you for?	
What kinds of work interest you?	
Are you interested in self employment? If so, what type of business would you start, and why?	
How do you see yourself, team leader or team player? Explain your decision.	