Self-assessment tools: Knowing me, knowing what to do.................. Author: Dr Fiona McBride, Prosper Research Staff Developer

PICK A SELF-ASSESSMENT TOOL AND TRY IT OUT

Do you know what’s really important to you? What your top skill is? How you work in a team?

Try a self-assessment tool (or tools) and see what findings you get.

REFLECT ON THE FINDINGS

You thought you were an introvert, but your findings suggest otherwise? Have a think about the output of the self-assessment tool you used.

ASK A FRIEND

Not sure where your strengths lie? Try asking a friend, family member or colleague, or why not all three?

FIND A BUDDY

Find a buddy who’s also interested in learning more about themselves, discuss what you’ve been finding out about yourself via self-assessment tools with them.

APPLY YOUR FINDINGS

Now you’ve got a clearer idea of what’s important to you, use this to help develop your career. Look for opportunities to try things out in your role or beyond it.