

Words of wisdom We count

Activity



Words of wisdom We count

Making a difference with
our unique skills and talents

We realise our true potential when our gifts and gladness meet the world's hunger and sadness.

Having identified a need facing older people in your community that you really care about, this section will help you make the greatest impact by maximising the skills you love using and are good at. You have far more skills than you think and you will have gained these through a blend of working, learning, playing and giving.

When we combine our strengths together we can make a lasting difference.

We count

To identify the skills you both love using and are good at, imagine you are at a party. As you walk around, you are greeted by 10 different groups of people, each of whom love using a particular set of skills. You don't know anyone at this party, so you decide to find the group that are most like you and you feel most at home with as they too use the skills you really love using and are good at.

You spend some time with them and a little later they all have to leave. Which group would you then join? Take a look around and decide which is the next group you would feel most at home with. Again you join them and again they too, a little later, have to leave.

Finally, you take a last look around and decide which would be your third favourite group of people. Who would they be?

Have a look at your top three groups and tick the skills you see as your real strengths in the Me and My Skills section. Now compare these skills with your friends and colleagues and see how together you can combine these to make a greater difference.



The Musicians

People who like playing, composing or simply being around music



The Actives

People who enjoy anything to do with sport and leisure



The Handy-andies

People who enjoy using their hands, working with objects or tools, making, preparing and fixing things



The Creatives

People who love arts, words, language, being creative, innovating and using their imagination



The Thinkers

People who like to reflect, think, philosophise and make plans about themselves and others



The Communicators

People who love relating to others including selling, motivating, educating, teaching, and negotiating



The Suits

People who love being in the world of commerce and business



The Carers

People who like to help, cure or support others



The Greenies

People who love nature, animals, the outdoors and/or caring for the environment



The Mathematicians

People who love numbers, science and logic

We are all good at different things. We can celebrate this and look for opportunities to share these with others who may have different skills to us.

Me and my skills...

Tick the skills you feel you love and are good at, starting with your favourite three groups.



The Musicians

People who like playing, composing or simply being around music

- Performing
- Collaborating
- Practicing
- Recording
- Producing
- Improvising
- Orchestrating
- Composing
- Singing
- Entertaining



The Actives

People who enjoy anything to do with sport and leisure

- Exercising
- Exploring
- Well-being
- Sporting
- Adventuring
- Playing
- Dancing
- Organising
- Engaging
- Travelling



The Handy-Andies

People who enjoy using their hands, working with objects or tools, making, preparing and fixing things

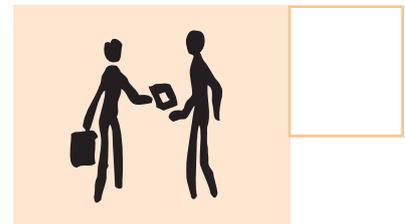
- Building
- Repairing
- Making
- Crafting
- Administrating
- Cooking
- Cleaning
- Painting
- Tending
- Maintaining



The Creatives

People who love arts, words, language, being creative, innovating and using their imagination

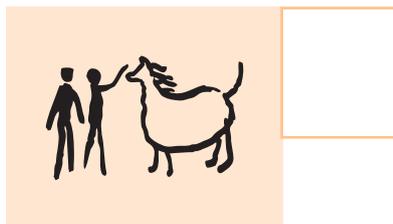
- Inventing
- Creating
- Imagining
- Designing
- Changing
- Developing
- Connecting
- Drawing
- Visioning
- Writing



The Suits

People who love being in the world of commerce and business

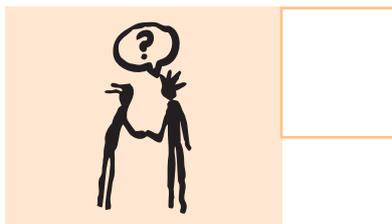
- Selling
- Persuading
- Fundraising
- Marketing
- Enterprising
- Leading
- Initiating
- Championing
- Promoting
- Risk-taking



The Greenies

People who love nature, animals, the outdoors and/or caring for the environment

- Protecting
- Preserving
- Salvaging
- Planting
- Conserving
- Growing
- Regenerating
- Re-cycling
- Tidying
- Saving



The Communicators

People who love relating to others including selling, motivating, educating, teaching, and negotiating

- Communicating
- Team working
- Teaching
- Presenting
- Listening
- Motivating
- Inspiring
- Managing
- Liaising
- Educating



The Thinkers

People who like to reflect, think, philosophise and make plans about themselves and others

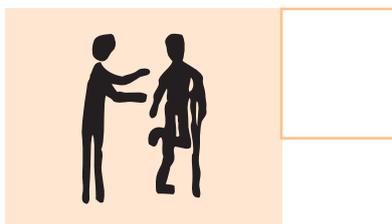
- Reflecting
- Thinking
- Planning
- Learning
- Reviewing
- Researching
- Processing
- Reading
- Philosophising
- Observing



The Mathematicians

People who love numbers, science and logic

- Accounting
- Evaluating
- Solving
- Analysing
- Forecasting
- Appraising
- Budgeting
- Financing
- Computing
- Systematising



The Carers

People who like to help, cure or support others

- Helping
- Caring
- Sharing
- Supporting
- Understanding
- Mentoring
- Empowering
- Befriending
- Loving
- Assisting

To be employed is to be at risk. To be employable is to be secure. Highlight additional skills you need to develop further to stay employable in the future.

We find our
purpose when
we use the skills
we love, where
the world needs
them most.

Richard N Bolles

Author of 'What Colour is your Parachute'.