

ican... Touch it

Activity



Touch it

Playing to my strengths

To realise your full potential in life it helps to have a rich mix of different skills.

Maximising skills that are a strength and you love will help you to explore roles and highlight sectors of employment that you will find exciting and interesting.

You have far more skills than you may think, and you will have gained these through a blend of working, learning, playing and giving as you progress through the week of your life. While you may be “good” at certain things you will also “love” particular skills and talents.

Party exercise

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 ten different groups of people (see the following images) who love using a particular set of skills. Firstly, choose the group you feel most at home with as they too use the skills you really love using. Then some time later they have to go! Which group would you then join? Then finally, you have a chance to meet your third favourite group. Who would they be?

Make a note of these on the Touch It section of your **iCan Poster** (Welcome Resources).

Me and My Skills lists a set of skills under each of the groups, tick those skills you see as your real strengths. These will be important when you think about the sectors of employment and roles you may wish to use these skills in.



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.



As the following Sector Wheel shows there are a whole range of different sectors that you can use your unique combination of skills in.

You have a unique combination of skills and these can all be used in any number of different sectors.

For example, someone who loves being a communicator could work in the **Build It** sector exploring local residents' needs as new developments are built; they could work in the **Visit It** sector as a museum educator and guide or the connect it sector as an online blogger.

This diagram can be looked at in two ways. Firstly, by thinking about the types of sectors you could potentially work in, and secondly the employment fields within these sectors that might be of interest.

For example, you could combine a **Develop It** role in the **Make It** sector by designing new production machinery in the food manufacturing industry.

At this stage, while you are beginning to explore alternatives, it is important not to box yourself off by only thinking of the job title or one job role. Instead, try and create as many possibilities as you can by combining roles and sectors that link to your skills and passions. If a sector you are interested in is not listed then just include it.

Pick 2 or 3 sectors that you feel connect with your skills and passions and identify potential roles that you may like to explore further in each of these. Make a note of these in the **Touch It section of your iCan Poster** (Welcome Resources). You may throughout your career move around these sectors, combining these with different roles.

For example, someone who started off working in **Sell It** and enjoyed training others as part of this role, then moved into the **Know It** sector as a trainer to use these skills further. They then started their own charity training young people in the **Give It** sector.

Examples of the type of employment opportunities within each sector that you may be interested in and wish to target is also listed in this section. It does not include them all, but is a small sample for each, so if something you are interested in is missing then just include it. Circle all those that may interest you and make a note of them in the Touch It section of your **iCan Poster**.

Once again these opportunities may not be limited to one sector but may appear in some of the others.

For example, while nutrition is listed under **Develop It**, you could work in the field of nutrition in any of the **Make It**, **Sell It**, or **Care for It** sectors.

To help you explore how your skills and passions could link to different sectors and roles, you may find talking with a role model, friend or mentor helpful. Exploring online job, career and work websites may also provide you with fresh information about roles and sectors that you may be interested in. To help with this there are some templates for **Creative Working** and **Creative Learning Conversations** at the end of this section that provide you with the questions to ask to make the most of these opportunities.

Connecting your skills with employment sectors



Know it Learning, research and innovation	Research, Education, Training, Specialist Expertise, Analysis, Development, Innovation, Consultancy, Market Research, Intelligence
Build it Construction and building	Architecture, Design, Surveying, Building Operations, Construction Management, Estates, Facilities Management, Planning, Maintenance, Health & Safety, Civil Engineering, Structural Engineering
Develop it Science and pharmaceuticals	Bio & Life Sciences, Nutrition, Pharmaceuticals, Chemical Processing, Technology, Science, Robotics, Genetics, Product Development
Make it Engineering and manufacturing	Engineering – Electrical, Mechanical, Process, Chemical, Maintenance, Manufacturing, Repairing, Production, Materials, Textiles, Food, Drink
Move it Transport and logistics	Warehousing, Distribution, Logistics, Supply Chain Management, Shipping, Rail, Air, Road, Passenger Transport, Borders, Customs & Excise
Connect it Digital, technology and communications	Software & Digital Development, IT, Communication Technology, Broadcasting, Web Design & Development, Systems Analysts, Cyber Security, Gaming, Data Management, Media, Language Interpretation
Sell it Retail and consumer services	Marketing, Sales, Advertising, PR, Retail, Buying, Customer Services, Merchandising, On-Line Selling, Design, Fashion, Beauty
Count it Financial and professional services	Accountancy, Financial Services, Management, Investment, Economy, Pensions, Legal Services, Insurance, Tax, Debt, Banking, Audit
Visit it Tourism, leisure, arts and culture	Arts, Tourism, Entertainment, Sport, Travel, Culture, Photography, Events, Accommodation, Lifestyle, Heritage, Leisure, Hospitality
Care for it Health, social care and public services	Nursing, Medicine, Healthcare, Social Care, Social Work, Therapy, Fitness, Emergency Services, Animal Welfare, Public Services
Give it Charitable and voluntary services	Charities, Volunteering, Social Action, Poverty, Youth, Elderly, Environment, Community Cohesion, Faith, Fundraising, International Aid
Sustain it Energy, environment and agriculture	Energy, Utilities, Renewables, Farming, Forestry, Mining, Environmental, Agriculture, Fishing, Animals, Ecology, Conservation

Creative working conversations



How did you become a...?

Explore skills, qualifications and experiences required for their role.



What do you love most and least about your role?

Check whether this matches your skills, passions and values.



What opportunities and challenges do you see in the future?

Assessing the opportunities and potential risks for your chosen area.



What kinds of skills and expertise will be needed as a result?

Identify where your skills can add value and any areas for development.



Can you suggest anybody else I can speak to about...?

Try to get 2 or 3 names and their contact details. Ask for a referral.



If you were to give me one piece of advice, what would it be?

Always remember to say thank you and ask whether they mind keeping in contact. Follow-up with a hand written thank you card

Creative learning conversations



What have other people who have done this course gone on to do after they have finished?

Explore further learning and work options beyond this



What are the most exciting and interesting elements of this course?

Check whether this matches your skills, passions, and values



What will I see as the main differences between studying at school and studying at college?

Assessing the differences between learning in a school and a college environment and what that will mean for you



What skills and expertise will I have gained when I finish this qualification?

Understanding how this enables you to take your next steps towards making your vision a reality



Can you suggest anybody else I can speak to about...?

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If you were to give me one piece of advice, what would it be?

Always remember to say thank you and ask whether they mind keeping in contact. Follow-up with a hand written thank you card

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'.