

Focusing

Can you
concentrate
on what's
important?



It's all about:

Sorting: organising information into categories

Attention: focusing on the present and avoiding distractions

Filtering: tuning out non-essential information

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Integrity

How well
do you stay
true to
yourself?



It's all about:

Self awareness: understanding and managing emotions

Ethics: acting upon personal values and principles

Self-control: exercising control over impulses, emotions and behaviour

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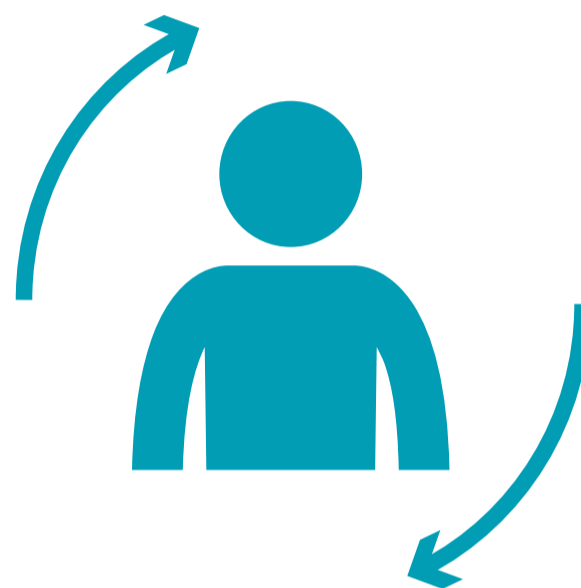
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Adapting

How well do you adjust to change?



It's all about:

Openness: being receptive to new ways of doing things

Reflection: looking back on knowledge and experiences

Adaptability: flexibility when handling unexpected circumstances

Self-learning: educating without the guidance of others

Resilience: responding constructively to complex challenges

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Initiative

How well do you think for yourself?



It's all about:

Courage: overcoming fears to take action

Independent thinking: thinking for themselves

Risk taking: taking calculated risks to achieve goals

Decision making: making considered choices

Self belief: trusting in one's abilities, qualities and judgement

Self motivation: acting without influence or encouragement from others

Responsibility: following through on commitments

Enterprising: taking risks, showing initiative and undertaking new ventures

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Communicating

Can you express yourself and share information with others?



It's all about:

Receiving information: understanding and processing communication

Listening: hearing and processing information

Giving information: providing clear written or verbal communication

Storytelling: using stories to persuade, motivate and bring things to life

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Feeling

Can you tell
how others
are feeling?



It's all about:

Empathy: embodying and understanding another's perspective

Social conscience: sense of responsibility and concern for wider society

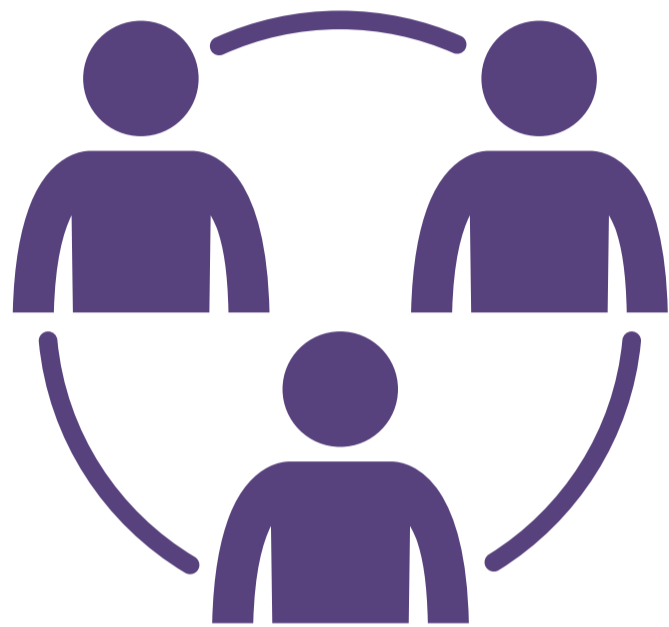


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Collaborating

Can you
work with
others?



It's all about:

Relationship building: identifying and maintaining connections

Team-working: working with others toward shared goals

Social perceptiveness: understanding others' reactions

Cultural competence: sensitivity to and awareness of different cultures

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Leading

Can you
influence
and motivate
others?



It's all about:

Inspiring: creating a sense of direction and purpose

Influencing: working to gain the agreement of others

Motivating others: encouraging others to achieve goals

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Curiosity

How good are you at asking the right questions?



It's all about:

Observation: noticing

Questioning: asking questions to increase understanding

Information sourcing: filtering resources to find relevant information

Problem recognition: the acknowledgement and definition of a problem

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Creativity

**Thinking for yourself.
Can you think of new ways to solve problems?**



It's all about:

Imagination: exploring ideas

Idea generation: coming up with solutions and thoughts

Visualising: translating information and thought into expressions

Maker mentality: ability to explore and create

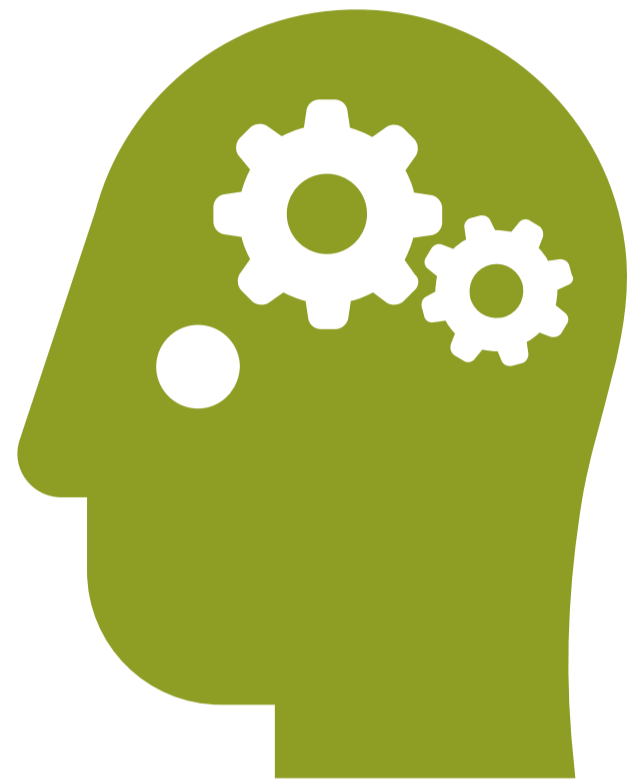
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Sense-making

Can you recognise patterns in the things around you?



It's all about:

Pattern recognition: classifying information into classes

Holistic thinking: seeing the big picture and understanding nuances

Synthesis: organising and filtering data into cohesive structures

Opportunity recognition: ability to identify areas of opportunity

Analysis: examination and evaluation of data or information

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Critical thinking

Can you process, analyse and evaluate information?



It's all about:

Deconstruction: breaking down a complex problem into smaller parts

Logical thinking: evaluating situations to formulate solutions

Judgement: forming an opinion after careful thought

Computational thinking: translating data into concepts

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