

Work in pairs. Ask each other about your past experiences. These may not be in a traditional working roles, think about your hobbies and other life experiences such as volunteering. Now identify the strengths and skills these experiences demonstrate.

1	All about:	By:
2	Take some notes about your partner Experience	Strengths, skills and personal qualities
3	Write up a personal statement for your partner using the strengths and skills you identified from your discussion.	
4	Swap sheets and take a look at the personal statement your partner has written about you. What do you think? What changes would you make?	