

Using the My World of Work Strengths tool Worksheet

Learning outcomes

This activity will help you to:

- ★ access information about strengths on My World of Work
- ★ access and complete the Strengths tool on My World of Work
- ★ understand how strengths relate to career options

Activity

Introduction

This activity will help you to identify and reflect on your strengths. Strengths are things you're naturally good at. Knowing your strengths can help you research careers, subjects or courses which bring out the best in you.

Activity on next page...

Instructions



Before you start

- ★ Make sure you have set up an account on My World of Work, www.myworldofwork.co.uk and sign in
- ★ If you do not have an account, click 'register' at the top right-hand side of the homepage. If you need help to do this, watch this [video](#) on how to register



Strengths activity

- ★ Select 'My career options' at the top of the page, click 'Go to section' and then click on [What are my strengths?](#)
- ★ Read through the article which will explain what strengths are and why they are important
- ★ Once you have done that, click 'Try the Strengths tool'
- ★ You can use the Strengths [user guide](#) and [video](#) to help you
- ★ You will be asked to complete three sections. Work your way through all the questions to find out your strengths
- ★ Once you have completed the quiz you will be shown your full results. You will find out about the strengths you use often, the strengths you use less often and your strengths themes
- ★ Your results will also detail some career suggestions, option choices and leisure activities. In addition, you will find information about your employability level to help you become work ready
- ★ Do you agree with your results? Why not discuss your strengths results with others?



Research jobs related to your strengths

- ★ Once you have read through your results click on 'View your career suggestions'. Bookmark anything you find interesting

Activity on next page...



Top tips

- ★ You can access the Strengths tool in a range of ways, such as in your account overview, your To-do list or in My career options
- ★ Find out how your strengths help build your confidence:
www.myworldofwork.co.uk/my-career-options/how-your-strengths-help-you-build-confidence

Next

- You can revisit the Strengths tool and reflect on your results in report.
- You can continue to explore My World of Work and complete activities on your To-do list in your account.

