

My gifts and skills

What is the tool?

This tool helps you think about your gifts, skills and passions, so that you can answer this question: What do I bring in terms of personal qualities, gifts and talents, skills and material resources that can help make the changes that I want in my life?



How can it help me with my support plan?

This tool helps you show whom you are as an individual and how your individuality is expressed in the way you want to live your life. It helps you to reflect on how you can develop your support plan in a way that builds on and uses your talents and gifts and allows others to recognise who you are and how you express your lifestyle, skills, and talents. This shows you how your interests, passions or gifts could create the possibility of a connection with other people, an opportunity for work or an interest to explore at college.



How can I use this?

It can be helpful to ask some of the people closest to you about what they think your passions, interests and talents are. You might even be bold and ask them what they like and admire about you!

Here are some questions to think and talk about with people you know:

- What do others like and admire about you?
- Why do people choose to spend time with you?
- What do you get thanked for or complimented on? This often tells us the things we are appreciated for.
- In what ways do you like to help other people?

To use this information in your support plan, put it alongside what is important to you and look for patterns and themes around:

- Where these contributions, gifts, interest and talents might be appreciated.
- If they unlock any opportunities.
- If they help you see options that you could take that build on who you are.

Ask yourself:

- Who can help me with this? Are there people that I know who could introduce me to others by using my reputation and talents?
- How could I use this information to form a C.V. for work and volunteering opportunities?

Make sure you have a note pad to hand and then you can jot down:

- Any things you thought of that will help you move forward in your plan and life.
- Any questions to answer or other issues that this raises about your life, as well as any other things you think you might have to take into account.