



What are your strengths and interests?

Individually, and as a team it is important to understand who has skills in which areas and where you and your team members' interests lie.

This does not mean you are limited to only actions related to your strengths, but it may help with planning the types of activities you undertake, and how you go about accomplishing them.

Instructions: Look at the activity listed, tick if this is a strength of yours or if you are interested in it (or both). Share your list with your team members to decide who will do which activities or which parts of your chosen activities.

ACTIVITY	THIS IS A STRENGTH OF MINE	I AM INTERESTED IN THIS
Finding information (research)		
Sorting and organising information		
Writing (newsletters etc)		
Speaking / Presenting		
Creating (posters etc)		
Leading others		
Motivating others		
Solving problems		
Creating graphics / presentations		
Technological skills e.g. website and app development, coding		
Expertise in latest online and social networking trends		
Approaching & working with adults		
Organising activities & events		