

# What are your skills?

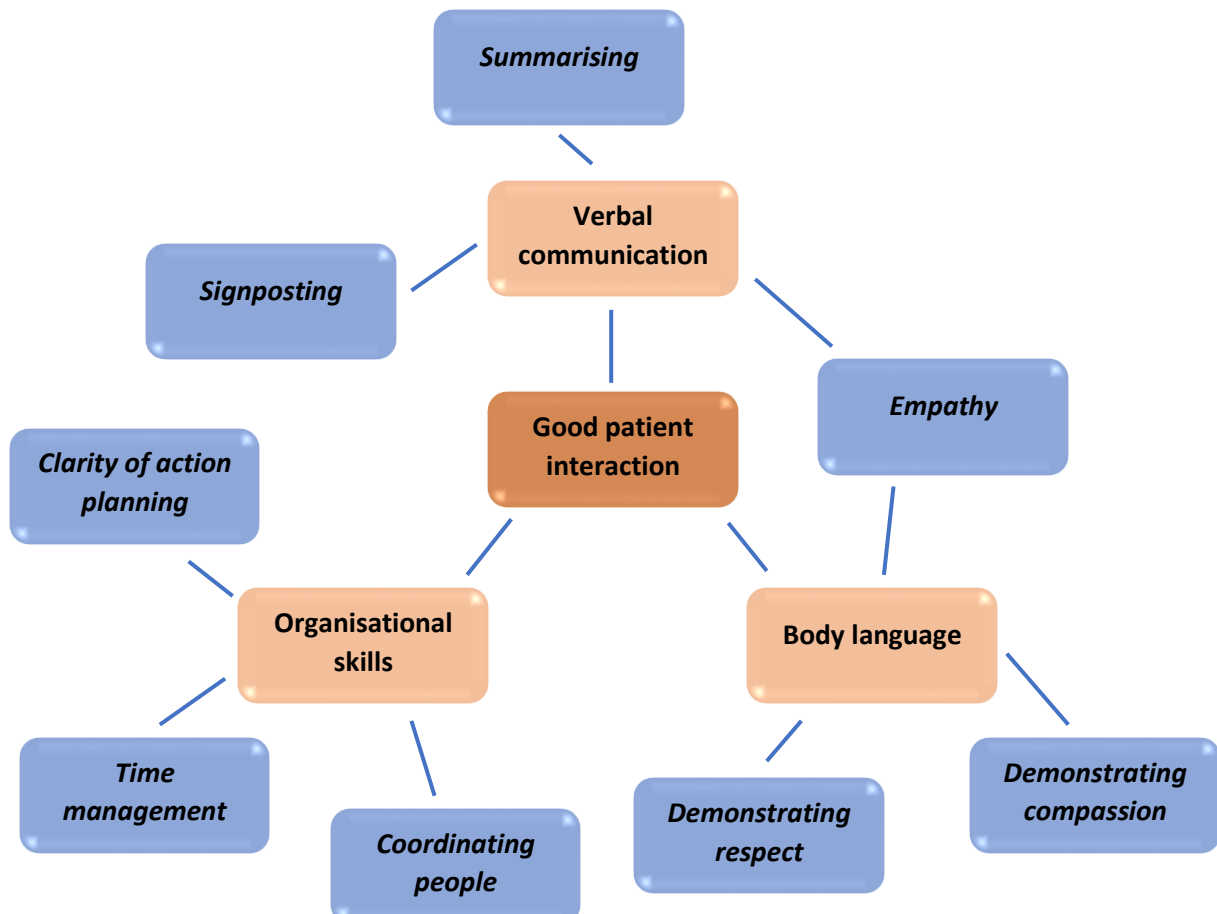
As well as considering the best fit for you in terms of your values and stressors, it is sensible to consider your skill set. Your skills will obviously develop over time but there may be some skills where you have particular ability. We will use two different ways to think about your skills, firstly, your achievements are usually a good indicator of your particular skill set. Secondly, the feedback you receive will guide you, positively or negatively, towards your areas of strength.

## Skills from your achievements

Identify four achievements that you feel proud about, some general examples are listed below but you should be as specific as possible in the examples you select.

- A positive interaction with a patient
- Solving a challenging problem at work or at home
- Feedback from another junior doctor/ a consultant/ a nurse
- Passing a specific exam
- Completing a marathon
- Making a change in your personal life (a house move, losing weight)
- Managing a project at work
- Learning something new

For each of your achievements pick out the skills you used in accomplishing the tasks, break each one down into specific sub-skills. An example of this process is below:



*Achievement*

*Achievement*

*Achievement*

*Achievement*

## Skills from your feedback

Look back at your last Clinical Supervisor Report and/ or your last Educational Supervisor Report, make a note of the comments that provide information about the skills you have or need to develop:

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Is there feedback that indicates particular skills in your CBDs, Mini-cexes or DOPS?

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What about the TAB(s) that you have done so far, what do these suggest about your skills?

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Have you had feedback face to face that might tell you something about your areas of strength or development needs?

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*Many skills will be transferable across specialties but some specialties will utilise specific skills more than others. Looking at your skills, what might you be best at?*