

## PASS Leaders Skills Activity: Identifying Your Skills

Use this activity sheet to help you reflect on how confident you are in these different skill areas. Rate your levels of confidence in each area on a scale of 1 to 5 where 1 is not at all confident and 5 is very confident.

Skills	Rate Yourself					Evidence to show you have this skill	If you scored 1-3, how can you develop this skill?
	1	2	3	4	5		
Ability to Work Under Pressure							
Commercial Awareness							
Communication							
Confidence							
Leadership							

Skills	Rate Yourself					Evidence to show you have this skill	If you scored 1-3, how can you develop this skill?
	1	2	3	4	5		
Negotiation and Persuasion							
Organisation							
Perseverance and Motivation							
Problem Solving							
Team Work							

Resources to Help

[STAR Framework](#): to help with writing effective examples that evidence your skills.

[Identifying your Skills and Abilities](#): information to help you reflect on your skills.

[Prospects](#) and [Target Jobs](#) are good places to look for more help and advice.