

My Career SWOT

Content

To leverage your unique strengths & stay ahead in a continually changing workplace you can start by examining your current career state. Look at the model below to guide you through a CAREER SWOT and respond to the questions below. Use the space below to capture your thoughts or responses and any action items.

Strengths	Weaknesses
<p>What activities or skills have you learned easily, naturally and with great enjoyment?</p> <p>What do coworkers, friends and family compliment you for or know you do well?</p> <p>What do you get absorbed in? What energizes you?</p>	<p>What aspects of your work style could be counter-productive or holding you back?</p> <p>What skill gaps have you identified?</p> <p>How current are you on trends in your profession? E.g. skills expectations, technology implementation, knowledge.</p>
Opportunities	Threats
<p>What is your outlook on your business unit, department, faculty?</p> <p>Is career enrichment, transition or advancement available?</p> <p>Are there activities and / or projects that can help you acquire or strengthen skills?</p> <p>What opportunities have you explored through conversations with your peers, manager, mentors etc.?</p>	<p>Are any of your skills, knowledge or experience becoming obsolete? Are there other life issues or matters you are facing?</p> <p>Is there change in your workplace: legislation, policies or budget that could affect your unit, department, faculty?</p> <p>Are there opportunities you have missed to upgrade skills, adapt to changes in your role?</p>

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What actions can you take as a result of your self-review?