1.1 Copysheet. Reflect on your personal and interpersonal skills to identify skills you already have, and those you are yet to learn about and develop.

SKILL		WELL DEVELOPED	SOMEWHAT DEVELOPED	NOT YET DEVELOPED	DON'T KNOW/ NOT SURE WHAT THIS SKILL IS
Personal / self-management knowledge and skills	Decision making (e.g. filling in a decision making grid)				
	(Own) Problem solving (e.g. completing in a problem solving model)				
	Using positive self-talk or rational thinking				
	Using stress management / relaxation techniques				
	 Critical thinking - being able to ask questions to help understand a situation perspective taking - seeing a situation through someone else's eyes analyse, reflect and evaluate e.g. by, challenging situations of unfairness, challenging assumptions, or looking below the surface of a situation 				
	Identify misinformation or fake news				
	Time management				
	Being organised				
	Help seeking				
	Other				
Interpersonal skills for communication and	feelings, using minimal encouragers or non-verbal feedback, etc Effective communication e.g. speaking in a way that meaning is understood by other people – expressing feelings, using I statements, etc Being assertive Communicate respectfully Giving and receiving compliments Giving and receiving constructive feedback Showing empathy Joint problem solving Conflict resolution Compromise and negotiation				
	Others				
Advocacy skills	Being an upstander				
	Letter or report writing (to request a change)				
	Finding and using evidence to support a point of view				
	Others				
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