

## The potential analysis

It is a tool is used for an individual interview. It can be used to get to know the client better. The potential analysis focuses completely on potentials, competences and skills.

20-40 min

Counselling

Material: copy of grid

## Why should I, as a coach, master this method?

A potential analysis is a helpful tool for an individual interview. It can be used to get to know the client better. The potential analysis focuses completely on potentials, competences and skills. It's useful to make visible potentials and their possible further development into competences in relation to occupation and school, also to increase the self – worth and therefore the motivation of the adolescents to integrate again into the educational life.

## Description:

Use it during an individual counselling session. It is important to provide enough time for this analysis. It takes time to reach depth and to explore own interests which sometimes in everyday life can be forgotten.

**Material:**

	<i>At school</i>	<i>With friends</i>	<i>At home</i>	<i>In your freetime for you alone:</i>	<i>At work during your hands-on training</i>
<i>What do you like to do or did like to do?</i>					
<i>What activities and responsibilities did this entail?</i>					
<i>What competences / skills were required for this?</i>					
<i>Can you think of occupations, in which these skills / competences would be required?</i>					