

Your strengths and your weaknesses

This tool for counselling helps to find out interests, strengths and weaknesses of your client. Therefore it enables to set achievable goals.

20-25 min

Counselling

Material: grid

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

It helps to find out interests, strengths and weaknesses of your client. Therefore it enables to set achievable goals.

Description:

Step 1: Brainstorming in the Coaching or external (outside of coaching):

Make a list with your strengths and weaknesses.

Step 2: External (outside of coaching)

Ask your parents or friends about their impressions. How do they see you? Your strengths and weak points?

Step 3: Back in Coaching

The results of the interview with parents and friends should be used as a motive and source for a conversation in the next Coaching. The strengths and weaknesses will be compared with the requirements of the occupations the adolescent is interested in.

The following table can serve as an assistance in the YouthCoaching:

Material:

| Occupational requirements | This means | Important occupations |
|-----------------------------|--|--|
| Hand- and finger skills | You are good at working with your hands and fingers | |
| Spatial imagination | When you see a ground plan and a pattern, you know what it is about | Manual and technical occupations |
| Mathematical skills | You are good at calculating and dealing with numbers | Technical and commercial occupations |
| Technical skills | You quickly understand how machines and tools work | Technical occupations |
| Language skills - speaking | You are good at expressing yourself and understand complicatedly formulated statements | Occupations with a lot of client contact |
| Language skills – writing | You are able to compose texts that are easily comprehensible | Occupations in the office -, administration and media area |
| Logical analytical thinking | You quickly understand correlations | Technical occupations |
| Creative skills | You have great ideas to create and decorate beautiful rooms | Manual and industrial occupations |