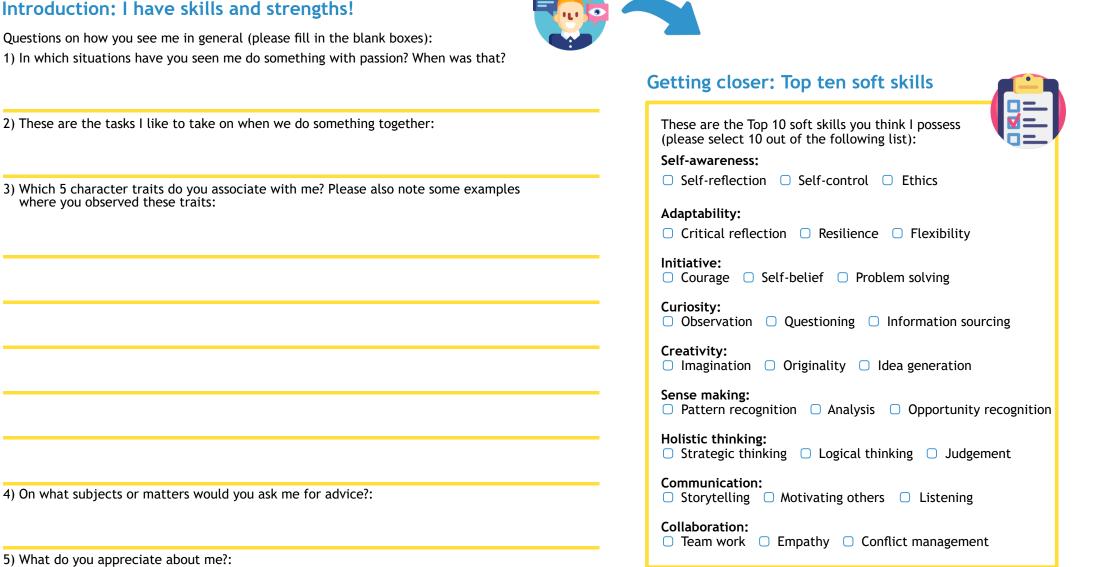
## Feedbackworksheet

With this worksheet I would appreciate your feedback about myself and my soft skills. There is a similar worksheet available for me which I can use for my self-reflection process. Your honest and detailed answers will help me to get to know myself better by comparing your statements with mine. Thank you!





5) What do you appreciate about me?:

## Almost there: This is how soft skills showed up in my life!

Have a closer look at my personal and/or professional life. Please select at least 5 out of the 9 soft skills, find an example of my soft skill and explain how it became visible in a certain situation or activity.





(9 soft skills to select from: Self-awareness, Adaptability, Initiative, Curiosity, Creativity, Sense making, Holistic thinking, Communication, Collaboration)

| Soft Skill                    | <u>This is what I did</u><br><u>(situation, activity):</u> | This is how my soft skills<br>became visible in this<br>situation or activity:   |
|-------------------------------|--|--|
| Example:<br>Holistic thinking | Volunteering in local<br>fire brigade                      | Fire service requires a lot of<br>knowledge which I need to<br>combine in every new case<br>depending on the situation |
|                               |  |  |
|                               |  |  |
|                               |  |  |
|                               |  |  |
|                               |  |  |



## Finally: My personal goals

Questions about my professional goals: 1) What would you wish for the next 5 years of my life?:



2) What have I always talked about but never put into practice?

3) This is probably my next vocational goal:

4) These could be my next steps to achieve my next vocational goal:

5) These soft skills can be helpful to achieve my next vocational goal:



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