**Workshop Discover your competences**

Dear participant,

Herewith we send you two assignments for the workshop “Discover your competences”. To be well prepared for the workshop it is important for you to complete the assignments.   
**Assignment 1:** Assignment Qualities (see below)

**Assignment 2:** Go to <https://www.123test.com/work-values-test/> and fill in the test. Please take the results with you to the training.

Good luck!

With kind regards,   
UM Career Services

**Assignment 1: Qualities**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. Interested | 19. Easy talker | 37. Ambitious | 55. Organizer |
| 2. Modest | 20. Empathy | 38. Adventurous | 56. Practical |
| 3. Reliable | 21. Mild | 39. Helpful | 57. Respectful |
| 4. Creative | 22. Courageous | 40. Mediator | 58. Listener |
| 5. Go-getter | 23. Level-headed | 41. Consistent | 59. Spontaneous |
| 6. Clear | 24. Frank | 42. Goal-oriented | 60. Tactful |
| 7. Honest | 25. Attentive | 43. Direct | 61. Satisfied |
| 8. Enthusiastic | 26. Calm | 44. Balanced | 62. Dedicated |
| 9. Flexible | 27. Serious | 45. Disciplined | 63. Determined |
| 10. Patient | 28. Playful | 46. Amiable | 64. Responsible |
| 11. Hedonist | 29. Versatile | 47. Handy | 65. Analytical |
| 12. Sensitive | 30. Tolerant | 48. Idealistic | 66. Assertive |
| 13. Generous | 31. Friendly | 49. Inspiring | 67. Able to distinguish |
| 14. Humorous | 32. Cheerful | 50. Intelligent | 68. Optimistic |
| 15. Enterprising | 33. Persuasive | 51. Powerful | 69. Independent |
| 16. Diligent | 34. Self-assured | 52. Deliberate | 70. Able to see cohesion |
| 17. Able to see things in perspective | 35. Caring | 53. Curious |  |
| 18. Lively | 36. Precise | 54. Organized |  |

**My 7 qualities are:**

1………………………………………………………………………………………………

2………………………………………………………………………………………………

3………………………………………………………………………………………………

4………………………………………………………………………………………………

5………………………………………………………………………………………………

6………………………………………………………………………………………………

7………………………………………………………………………………………………