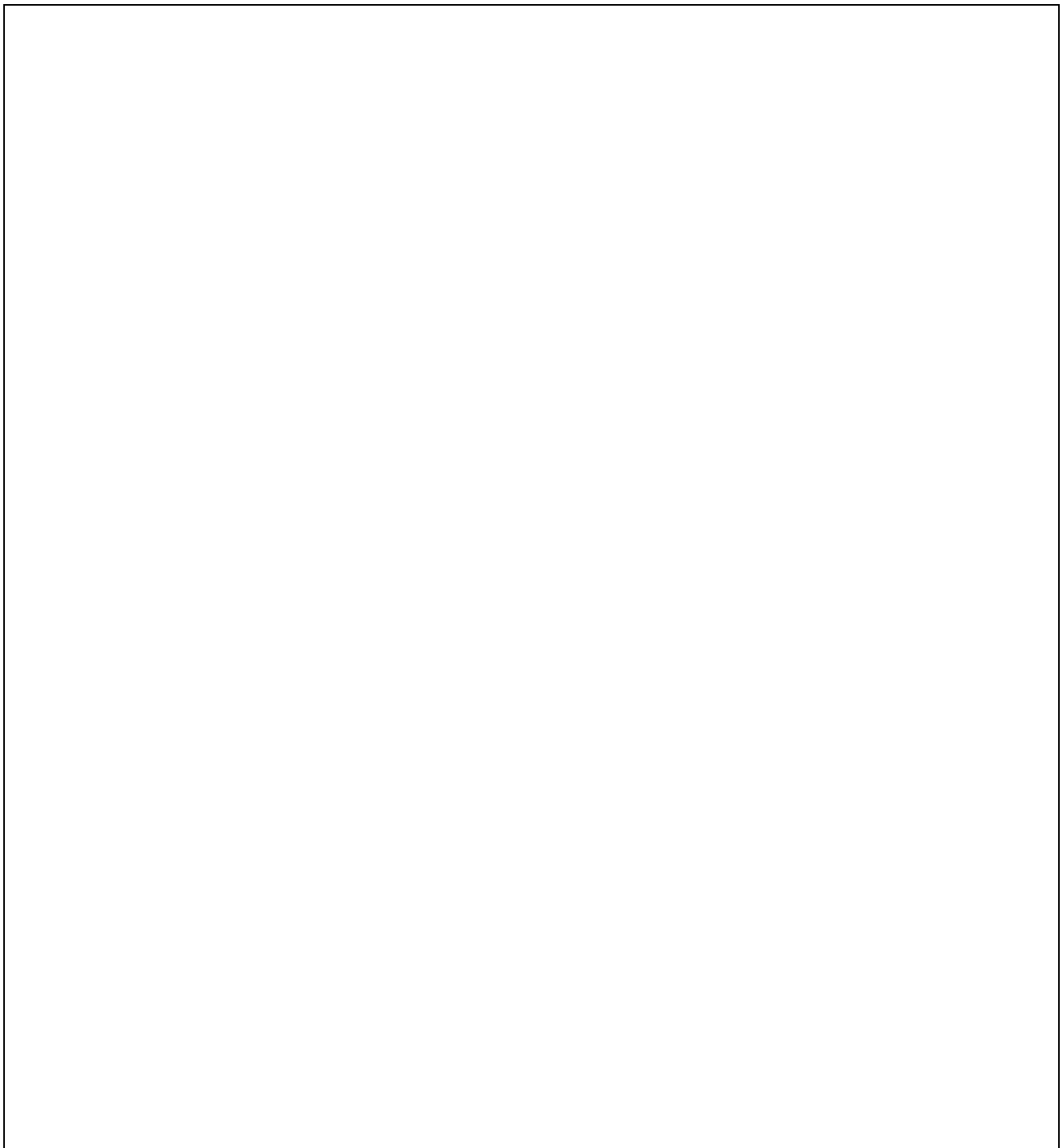


## Activity - Taking inventory 1

What are your current **strengths** at work?

- Think of skills and abilities hard and soft
- Areas of expertise
- Qualifications you have
- Areas where you feel particularly strong or comfortable
- Think of something you did well - what skills did you use?

You can write your thoughts here:

A large, empty rectangular box with a thin black border, intended for the user to write their thoughts and responses to the questions above.

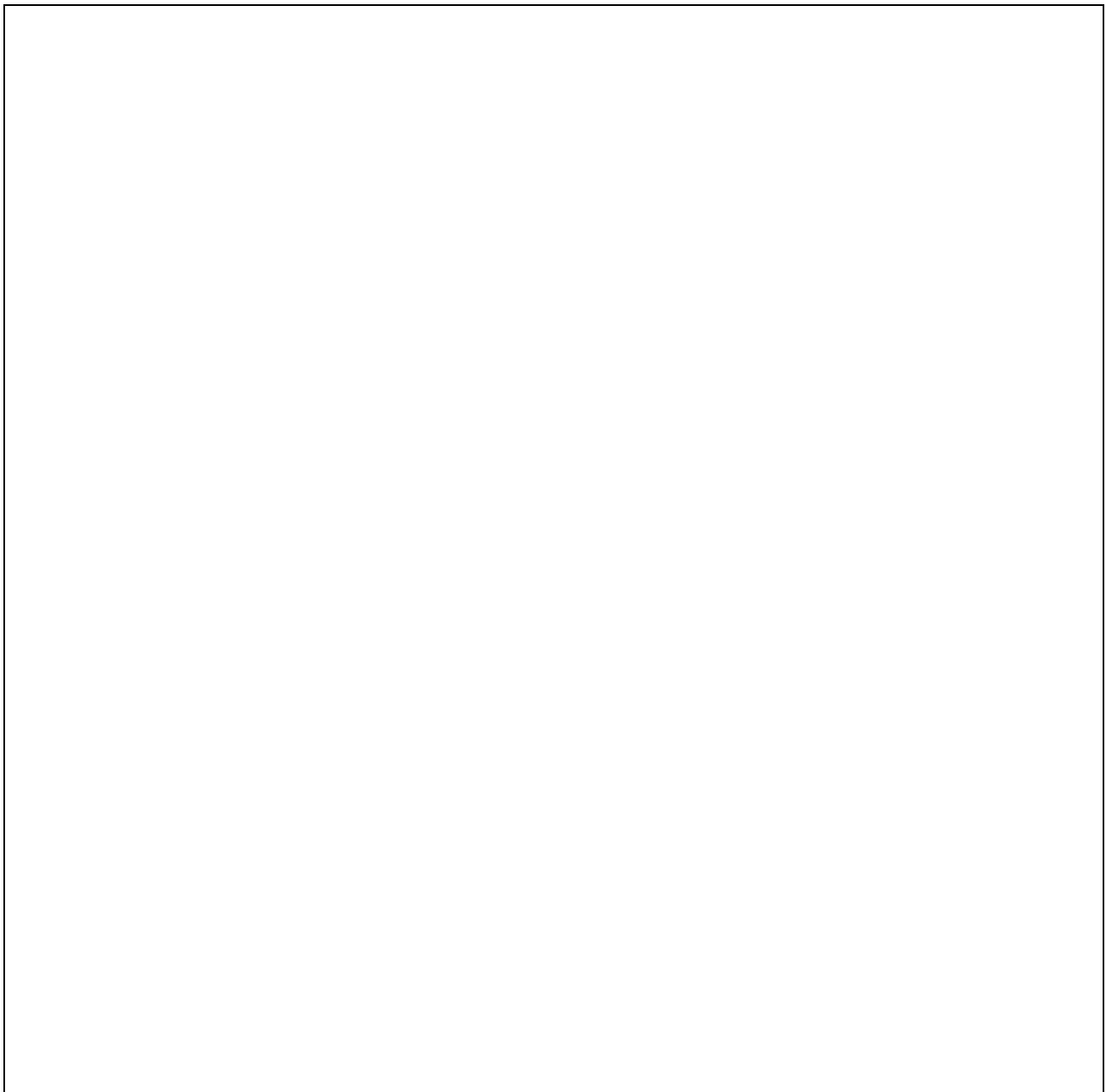


## Activity - Taking inventory 3

What are your current **opportunities** at work?

- Think again of any opportunity that exists for you
- Role sharing, shadowing others or being part of projects can be opportunities
- Think of something that is coming up that might be an opportunity for you either to specifically address/practice your development areas or is an opportunity more generally?

You can write your thoughts here:

A large, empty rectangular box with a thin black border, intended for the user to write their thoughts in response to the activity questions.

## Complete your SDOC analysis

| Strengths     | Development areas |
|---------------|-------------------|
|               |                   |
| Opportunities | Challenges        |
|               |                   |

- Highlight your key development needs and opportunities
- What strengths that you already have could help you with these?

