



# HANDS ON YOUR FUTURE: SKILLS 101 LESSON PLAN

## **THE CHALLENGE:**

Old ways of working and living are being swept away in exchange for an increasingly uncertain future. Chances are you'll be working in fifteen different jobs in your lifetime, some that don't even exist yet. How's that for stressful?

## **YOUR MISSION:**

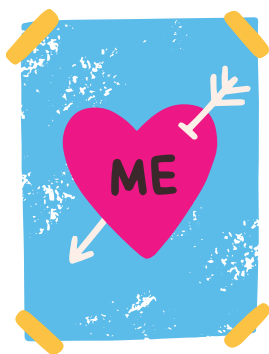
To not panic! And to start thinking proactively about your future to lay the groundwork for success.

## **THE QUESTION:**

What's the most important thing to know right now that will really help you going forward?

## **YOUR SOLUTION:**

Discovering and delving into your strengths and skills. This lesson plan will help you to do so, as well as giving you a better understanding of the importance of "soft" skills, and how your skills and strengths can transfer across roles and industries. It will also help you discover your core motivation when it comes to what you do – or don't – like.



## **FYI:**

### **Strengths vs. Skills**

- A strength is something you are naturally good at, and didn't have to learn.
- A skill is something you can learn (and master) through repetition.

### **Transferable or "Soft" Skills vs. Technical or "Hard" Skills**

- "Soft" Skills refer to personality traits such as leadership, good communication, persuasion, empathy etc.
- "Hard" Skills refer to technical knowledge and training.

## **DON'T PANIC!**

- We all have inherent strengths and "soft" skills that can help us become more agile: all we need to do is to start honing these tools; developing our existing strengths and skills and learning new ones as we go.
- Humans are endlessly curious and have the capacity to never stop learning – and yes, this will be crucial to surviving in the future world of work. You need to love learning and continue to do it all your life. The benefits of constant learning include becoming more adaptable and able to master new tasks – and it keeps your brain healthy, too.









