

# MODULE 1. GET TO KNOW YOURSELF

# READY TO START

## WORKSHEET 1.



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## **KARTA PRACY 1.**

Below there are **100 superpowers identified**. Start by reading through all of them then review the list of superpowers and select the ones that are most useful in the context of your career goals. Consider how you can utilise these superpowers to learn more about yourself, solve problems and achieve your personal and professional goals.

Have fun with the process and enjoy the results!

1. Self-knowledge
2. Adaptability
3. Creativity
4. Communication
5. Networking
6. Perseverance
7. Lifelong learning
8. Labour market analysis
9. Stress management
10. Empathy
11. Problem solving
12. Organisation of time
13. Leadership
14. Strategic thinking

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15. Knowledge of technology
16. Negotiations
17. Intrinsic motivation
18. Responsibility
19. Goal orientation
20. Decisiveness
21. Cooperation
22. Project management
23. Creative writing
24. Presentation skills
25. Knowledge of foreign languages
26. Analytical skills
27. Critical thinking
28. Innovation
29. Interpersonal skills
30. Empathic listening
31. Handling conflicts
32. Teamwork
33. Client orientation
34. Flexibility
35. Effective self-assessment
36. Mentoring skills
37. Research skills
38. Resource management
39. Dostosowywanie priorytetów
40. Ability to work under pressure

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41. Adaptability
42. Time management
43. Reliability
44. Knowledge of the industry
45. Ability to analyse data
46. Planning
47. Proactivity
48. Responsibility for actions
49. Discipline
50. High work ethic
51. Initiative
52. Leadership qualities
53. Visioning
54. Concentration
55. Ability to take risks
56. Ability to work independently
57. Sales skills
58. Business sense
59. Financial management
60. Mediation skills
61. Delegation of tasks
62. Knowledge of crisis management
63. Organisational skills
64. Entrepreneurship
65. Negotiation skills
66. Knowledge of labour law

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67. Ability to establish relationships
68. Empathy towards colleagues
69. Creative thinking
70. Personal development
71. Team motivation
72. Ability to adapt to changes
73. Knowledge of market trends
74. Effective written communication
75. Team building
76. Skills development
77. Ability to delegate tasks
78. Knowledge of information technology
79. Change management
80. Knowledge of business processes
81. Ability to manage oneself
82. Creative problem solving
83. Ability to develop strategies
84. Knowledge of analytical tools
85. Ability to mentor
86. Relationship management
87. Ability to identify talent
88. Knowledge of sales techniques
89. Ability to manage a team
90. SWOT analysis skills
91. Knowledge of project management methods

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- 92. Effective oral communication
- 93. Ability to motivate others
- 94. Emergency planning ability
- 95. Knowledge of marketing strategies
- 96. Ability to perform financial analysis
- 97. Ability to create budgets
- 98. Knowledge of professional ethics
- 99. Personal branding skills
- 100. Strategic planning skills

Each of these skills can significantly contribute to better self-awareness and to effectively managing your career.

**Write down your superpowers!**