

## SOFT SKILLS ASSESSMENT

Put a "checkmark" by those skills you feel are your current strengths.

### **Communication:**

- Listening
- Non-verbal Communication
- Writing
- Feedback
- Public Speaking
- Curiosity
- Clarity

### **Interpersonal Skills:**

- Empathy
- Conflict Resolutions
- Relationship Management
- Humor
- Negotiation
- Compromise
- Explore Connections

### **Inner-Skills:**

- Self-Awareness
- Mindfulness
- Emotional Self-Management
- Resilience
- Flexibility
- Curiosity
- Enthusiasm
- Positivity
- Perspective-Taking
- Possibility
- Self-confidence
- Self-efficacy
- Assertiveness
- Stress Management
- Life-long Learner
- Energy Management

### Soft Skills Assessment (continued)

Put a "checkmark" by those skills you feel are your current strengths.

#### **Creativity:**

- Non-linear Thinking
- Reframing
- Design
- Experimentation
- Imagination
- Open-minded
- Artistic
- Inspiration

#### **Professional Skills:**

- Work Ethic
- Time Management
- Organization
- Planning
- Collaboration
- Listening
- Delegation
- Diversity Awareness
- Cultural Awareness
- Meeting Management
- Respect
- Ethical

#### **Leadership:**

- Team Building
- Respectful
- Motivate
- Inspire
- Vision
- Goal-setting
- Clarity
- Courage
- Integrity
- Fair-minded
- Analysis
- Decision-making
- Delegation
- Feedback
- Humility
- Emotional Intelligence
- Conflict Resolution
- Agility
- Mentoring
- Management Skills