



## Bring the experience home!

### Soft Skills:

During my assignment abroad, I developed, demonstrated, or reinforced...

#### *Examples:*

- Teamwork
- Verbal communication
- Analytical skills
- Problem-solving
- Written communication
- Interpersonal skills
- Adaptability
- Initiative

1.

2.

3.

### Cross-cultural skills:

Working in an environment with a different culture has helped me gain skills which I can transfer to other situations ... Please provide an example of a skill you gained and how you can use it?

1.

2.

3.

4.

5.

- ✓ Open-minded
- ✓ Tolerance
- ✓ Culture sensitivity
- ✓ Flexibility
- ✓ Tolerate ambiguity
- ✓ Able to handle insecurity
- ✓ Knowledge of languages
- ✓ Perseverance
- ✓ Resilience
- ✓ Negotiate well
- ✓ Can maintain rapport
- ✓ Able to accommodate local norms

### Your Elevator Pitch!

1. Who are you?
2. What do you want to do?
3. What's your motivation?
4. Actions you are willing or planning to do?



## Self- Assessment Test : What Do I Really Want From Life?

From the value statements listed below, please place a check in the categories marked by level of importance High, Medium or Low.

Value Statements	High	Medium	Low
The freedom to choose how and when I work			
Having a close relationship with family and friends			
Recognition for the work I do			
Variety in tasks and assignments			
Feeling productive in the work I do			
Leading a team			
Wealth and prestige			
Being part of a team			
Being the first to accomplish a task, an innovator			
Stable employment			
Worldwide recognition for achievements			
Learning a new skill			
Building personal networks			
Setting challenging yet realistic goals			
Living a balanced life inside/outside of work			
Financial Freedom			
Being viewed as an expert in my field			
Time for leisure activities			
Change and personal development			
Challenging work assignments			

Of the values listed above, fill in your personal top three:



- 1.
- 2.
- 3.

We hope with the above we have got you thinking on what matters most to you. Now it is up to you find a career path that helps you achieve this. We can help you set the sail, but we cannot direct the wind. Enjoy your career journey!

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