

Sample Express Report — 2015













Your Skill Summary

Here is an overview of your top Skill Categories, Skill Sets, and Skills. Knowledge of your greatest strengths will aid you in planning, changing and advancing your career; as well as with exploring post-retirement options.

Select a term to view a definition.

Your Top Skill Categories

Relationship 92
Communication 70
Creative 64
Management/Leadership 62

Your Top Skill Sets

Counsel/ Teach
Core Communication
Persuasion/ Promotion
Support/ Service
Artistry
Intuition

Skill Category Details



1. Relationship

Counsel
Facilitate Groups
Serve Clients & Customers
Provide Care & Support
Serve as Liaison
Respect Diversity
Train/Teach
Resolve Conflict
Collaborate

6 8 12



2. Communication

Persuade
Speak to Groups
Speak/Interact
Consult
Question/Interview
Promote/Sell
Listen
Write
Negotiate



3. Creative

Perform
Brainstorm
Create Images
Design
Use Intuition
Author/Compose
Synthesize/Integrate
Conceptualize
Demonstrate Foresight



4. Management/Leadership

Initiate
Lead
Build a Team
Envision

Make Decisions
Set Goals
Organize/Coordinate
Manage Projects
Coach



Your Skill Set Profile

Here is a profile of the 6 Skill Sets you enjoy using the most. Skill Sets are groupings of skills that are frequently used in performing common work functions and indicate specialized strengths you possess. Use your Skill Sets to identify career and work options that capitalize on your strengths, and to write accomplishment statements for resumes and interviewing

Select a Skill Category, Skill Set, or Skill to view a definition.



Counsel/ Teach

Counsel			
Facilitate Grou	ıps		
Train/Teach			
	6	8	12



Core Communication

Speak/Interact			
Write			
Listen			
	6	8	12



Persuasion/ Promotion

Persuade			
Speak to Grou	ps		
Promote/Sell			
	6	8	12



Support/ Service

Serve Clients & Customers	
Provide Care & Support	
Serve as Liaison	
6 8	12



Artistry

Perform		
Create Images		
Author/Compose		
6	8	12



Intuition

Brainstorm			
Use Intuition	n		
Demonstrate Foresight			
	6	8	12



Your High Potential Skills

Here are the Skills that you ranked as Highest Enjoyment but only Moderate Proficiency. Look for opportunities to develop these skills to increase your job satisfaction and marketability.

Select a Skill to see recommended development activities.

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Use Intuition

- Think about a time when you had a "hunch" or "gut feeling" about something. Recall your actions and the outcome.
 Keep a record of your outcomes to assess the reliability of your intuition.
- Listen to calming and meditative music to reduce inner tension. Intuition thrives on relaxation.
- Develop intuitive problem solving abilities -- notice when you close off possibilities, and refrain from acting on a hunch. Be aware of your own internal process.
- Read about using analogies, imagery, drawing, feelings, and dreams as intuitive approaches to solutions.

Train/Teach

- Observe strong teachers in action and note the techniques you find effective.
- Evaluate your audience before you select a method for presenting your material. Options include demonstration, role-playing, multi-media, lecture, etc.
- Learn about different learning styles and how to adapt your training to meet participant needs.
- Take classes in adult learning theory, drama, public speaking, and instructional technology to enhance your effectiveness.

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Design

- Set aside time to be creative. Creativity is often the culmination of a process, not a flash of inspiration.
- Analyze a client's needs and integrate this information into a concept. Create a design that is both functional and aesthetically pleasing to the client.
- Find inspiration for design by studying nature, observing art, gaining insight from dreams, and visualizing possibilities.
- Take classes on graphic arts software programs, art, sculpture, and design to enhance your skills.

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Create Images

- Collect and store images/pictures/photographs that stimulate your imagination. Organize them so you can easily retrieve them for inspiration.
- Create images on a daily basis to express your creativity and increase your portfolio. Be prepared to share your work with others.
- Go to art or photography openings and. Become familiar with the arts scene and see what others have created.
- Take a class on graphic software, photography, painting, or other art forms to get inspiration and learn.

Evaluate

- Take a step back and devise a plan, including your objective, a timeline, resources, and appropriate support and involvement from others. Remember that evaluation is a process.
- Determine the criteria and standards to use in evaluating the program, product, or service.
- Identify someone who has experience with service or product evaluation, and have them share the strategies they use with you.
- Do as much testing as possible of a new service, product, or idea. Get feedback from others.



Your Top Career Matches

Here is a list of career and educational options that use your combination of skill categories in a dominant way. The careers listed in this section are organized alphabetically by possible areas of interest and industries. You may learn more about these options and others by clicking on the option's title, which will take you to the O*Net.org - http://www.onetonline.org/ - U.S. Department of Labor database.

Your Top Skill Categories

Relationship Communication Creative Management/Leadership 36 108

Business Management

Career Options

Administrative & Office Support Business Administration

Customer Service

Editors & Writers

Food & Lodging Management

Human Resources

Industrial & Organizational

Psychologists

Meeting, Convention & Event

Planning Real Estate

Retail Management &

Merchandising

Sustainability Specialists

Training & Development

Transportation Attendants

Educational Options

Communications

Hospitality Management

Hotel & Restaurant

Management

Human Resources

Management

Organizational Behavior &

Development

Retail Management

Education, Training & Library

Career Options

Adult Education

Development & Fundraising

Distance Learning

Educational Administration

Guidance Counseling

Instructional Coordination

Instructional Design

Librarians

Program Development &

Management

Recreation Management

Special Education

Speech & Language Clinicians

Teaching

Leadership **Educational Technology** Library Science Recreation Management Special Education

Educational Administration &

Educational Options

Counseling & Guidance

Education

Government, Law & Public Safety

Career Options

Educational Options

Administration & Management

Criminal Justice

Community & Economic

Development

Early Childhood Education **Equal Opportunity Officers**

Government & Community

Relations

Lawyers, Paralegals & Legal

Assistants

Legislators

Occupational Health & Safety

Probation & Corrections

Protective Services

Public Administration

Social Services Management

Vocational Rehabilitation

History

Political Science & Government

Public Administration

Sociology

Vocational Rehabilitation

Health & Science

Career Options Educational Options

Health Education Health Sciences

Nursing Nursing

Patient & Member Services Occupational Therapy Rehabilitation Services Physical Therapy Sports Medicine Sports Medicine

Volunteer Management Vocational Rehabilitation

Human Services

Career Options Educational Options

Career & Personal Counseling

Childcare Services

Clergy & Ministerial Services

Clinical Psychologists

Marriage & Family Therapists

Program Coordination &

Management

Rehabilitation Counselors

Social Workers

Volunteer Management

Childcare & Human Development

Multicultural Studies

Psychology Social Science Social Work

Theology & Religious Studies Vocational Rehabilitation

Sales & Marketing Management

Career Options

Advertising, Marketing &

Promotions

Customer Service & Sales

Support

Market Research

Public Relations

Sales & Account Management

Educational Options

Advertising

Business Administration Marketing Management **Public Relations**

Technology & Engineering

Career Options Educational Options

Engineering Professionals &

Web Development

Technicians



Your Next Steps and Resources

Choose your Next Steps according to where you are in the career development process.

To view your Next Steps, click on the career stage that best represents you.

Career Launcher FOCUS

For individuals planning their first career.

Career Changer RETOOL

For individuals with 2+ years of experience who are considering a career change.

Career Advancer REFINE

For employees or individuals considering ways to progress in their organization or field.

Pre-Retiree EXPLORE

For employees and individuals considering the role of work in retirement.

Career Launcher

Tips for Launching Your Career: Identify the best career direction for you.

Enhance Self-Knowledge: Complete additional assessment exercises to clarify preferences.

Develop Your Strengths: Research and plan ways to develop your preferred skills.

High Potential Skills Skill Development Plan

Explore Options: Research options that capitalize on your transferable skills and interests.

Your Top Career Matches Brainstorm Career Options Exercise Your Skill Summary Your Skill Set Profile

Target Your Skills to a Position: Begin translating your skills to new career options.

Position Analysis Exercise Skill Expansion Exercise Accomplishment Exercise

Career Changer

Tips for Changing Your Career: Validate the right career move for you.

Enhance Self-Knowledge: Complete additional assessment exercises to clarify preferences.

Develop Your Strengths: Research and plan ways to develop your preferred skills.

High Potential Skills Skill Development Plan

Explore Options: Research options that capitalize on your transferable skills and preferences.

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Target Your Skills to a New Position: Begin translating your skills to new career options.

Position Analysis Exercise Skill Expansion Exercise Accomplishment Exercise

Career Advancer

Tips for Advancing Your Career: Validate the right career move for you.

Enhance Self-Knowledge: Complete additional assessment exercises to clarify preferences.

Develop Your Strengths: Research and plan ways to develop your preferred skills.

Skill Development Plan

Explore Options in Your Current Environment: Map your skills to jobs within the company and conduct informational interviews.

Your Top Career Matches Your Skill Summary Your Skill Set Profile

Target Your Skills to a New Position: Begin translating your skills to new career options.

Position Analysis Exercise Skill Expansion Exercise Accomplishment Exercise

Pre-Retiree

Tips for Exploring Retirement: Begin to explore the role of work within retirement.

Enhance Self-Knowledge: Complete additional assessment exercises to clarify preferences.

Discovering your Pre-retirement Interests Values Assessment for Pre-retirees Pre-retirement Time Allocation Exercise Pre-retirement Ideal Week Journaling Exercise

Develop Your Strengths: Research and plan ways to develop your preferred skills.

High Potential Skills Skill Development Plan for Retirement

Explore Options: Research options that capitalize on your transferable skills and preferences.

Your Top Career Matches Brainstorming Retirement Career Options Exercise Your Skill Summary Your Skill Set Profile

Target Your Skills to a New Position: Begin translating your skills to new career options.

Position Analysis Exercise

Skill Expansion Exercise Accomplishment Exercise