

Transferable Skills Worksheet



KL NEESON COACHING
LIVE YOUR DREAM

Identify your core strengths and transferable skills for a successful career change.

Strength/ Skill	Example of Using It	Transferable Value

Prompts to Help You

- What tasks do others say you're great at?
- When have you felt most confident and energised?
- Which achievements are you most proud of?
- Where have you solved problems, led people, or created impact?

Spotting Themes

Highlight the strengths that appear repeatedly in your answers above. What common threads can you identify? This section is for your reflection and insights based on your answers.

If you'd like support turning this into a clear career direction, you can book a complimentary session at [Free Career Coaching Call](#) | [Kelly Neeson](#)