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| **Transferable and motivational skills inventory** | | | |
| * List your key transferable skills from the list of transferable skills (.doc) * Give yourself a rating from 1 to 5 on *Competence* as this highlights your skill strengths. * Give yourself a rating from 1 to 5 on *Motivation*, which is enjoyment in using that skill. * Write down a demonstrated example which is your evidence. Make it specific and quantifiable. | | | |
| Skill | Competence (transferable) | Motivation (level of enjoyment) | Demonstrated examples of this skill and  achievements where this skill was particularly used |
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