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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.
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| Skill | Competence(transferable) | Motivation(level of enjoyment) | Demonstrated examples of this skill and achievements where this skill was particularly used |
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