

# My Employability Workbook



Name .....



This workbook was produced as part of the Erasmus+ funded project *European Pathways to Employment for Disabled Young People*

for more information contact [ruth.shippbotham@petroc.ac.uk](mailto:ruth.shippbotham@petroc.ac.uk)



## My interests, what I can do and what I am good at (skills)

Things I like to do:

What are my time keeping skills like?

Can I handle my money in shops, buses etc. or do I find this difficult?

What new things would I like to learn?

*(This could be new interests, new activity, new knowledge)*

## About Me

What makes me happy?

What things do I find difficult?

What makes me stressed or angry and how do I show it?

What do I need to do when I get stressed or angry?

What are my physical disabilities and medical needs?

What I think is important to me (low being 1 high being 3)	
My family	1 ←———— 2 —————→ 3
To have a job	1 ←———— 2 —————→ 3
To earn money	1 ←———— 2 —————→ 3
To help create a better world	1 ←———— 2 —————→ 3
To have friends	1 ←———— 2 —————→ 3

## This is the way I like to do things:

With the help of pictures



When someone explains



When someone shows me



## Do I like?

Working in a group



Working alone



Physical activity



Talking & being with people



## Can I?

Concentrate when I work



Follow instructions



Follow rules



Decide if I have done a good job



Work with people I don't know



## What do I like?

I like to be:

Inside



Outside



Where it is quiet



Where it is noisy



Where it is hot



Where it is cold



Where there are lots of people



**I like to be:**

On my own



Where it is dirty



Where it is clean



**I like:**

Working slowly



Working quickly



Talking to people



Getting to know new people



## My future

What job would I like to do?

Where would I like to work?

What are my dreams for the future?

Things I might find difficult or are worried about:



## Parents/carers comments

Do they finish tasks they have started?

How does the young person learn best?

What qualities & skills does the young person have?

What are their difficulties?

What job do you think they would be good at?

Any other comments:

## Tutor comments

Do they finish tasks they have started?

How does the young person learn best?

What qualities & skills does the young person have?

What are their difficulties?

What job do you think they would be good at?

Any other comments:

