Talents, Ambitions & Barriers

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| **Participant name** |  | **Staff Member** |  |

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| **TALENTS**What are you best at? What are your hobbies?What are your best interpersonal skills? How do you work best? |  |
| **AMBITIONS**What would you like to achieve in life? Do you have any particular aims, be it personal, career, hobby, sport, etc? |  |
| **BARRIERS**What is getting in the way of you achieving your ambitions?What do you need help with to move forward in life? |  |

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| **Participant signature** |  | **Date** |  |
| **Staff signature** |  | **Date** |  |