



Your Leaving Academia Toolkit

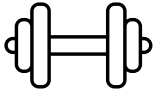
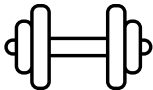
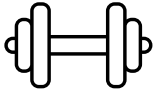
Strengths exercise

Method 1: 3 by 3

Find at least 1 person who knows you well and you trust from each of the following:

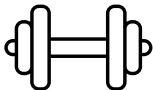
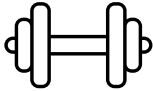
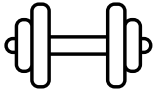
- Someone below you in the institution
- Someone level with you in the institution
- Someone above you in the institution

For everyone you find:

	Ask for 3 strengths with specific examples Ask for 3 weaknesses with specific examples
	What themes emerge? Do you agree? What have you learnt?
	Thank them!

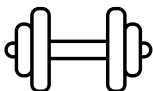
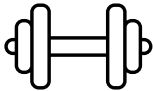
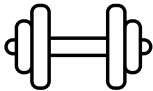
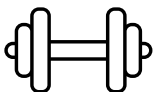
Method 2: storytelling

Collate a list of people who you know – the more diverse the better. Look for 10-20 people as not everyone will respond. For everyone:

	Ask them to email you an example of when you were at your best
	What themes emerge from the collated stories? Do you agree? What have you learnt?
	Thank them!

Method 3: Deep diving

This is one you can do by yourself but it may well be worth sense checking with someone afterwards. It can be repeated for all your skills (there will be lots!)

	Identify a key skill of yours – something you are good at (you don't have to enjoy it!)
	Drill down to the next layer What skills and qualities make you good at the key skill?
	For each of these, drill down again - unpick them For the new list of words are there any that could be a strength? i.e. operating this way makes you feel strong
	For a strength that you have found now think of other examples where you have used it. Where could you use it? What have you learnt?