**Activity #1**

**Strengths & skills**

1. Choose five things that describes you
2. Share with others in your group
3. Discuss why, and what are your other strengths

**I am…..**

* careful
* flexible
* friendly
* organized
* good at following instructions
* a team player
* hardworking
* responsible
* patient
* reliable
* honest

**I….**

* Like working with people
* Ask questions when I don’t understand
* Like to learn new things
* Take initiative
* Work well under pressure
* Work well independently