

# my career wo ANALYSIS

This tool supports you to analyze your surroundings related to your career. SWOT stands for Strengths, Weaknesses, Opportunities and Threats. It is divided in internal and external factors. Enjoy working in your Career SWOT Analysis!

# Integral Coaching Group

**Enhancing lives** 

iG

name:



# Strengths

### Internal: You have a direct influence on this element.

Supporting questions: What sets me apart? What do I enjoy doing? What seems easy for me? What have others complimented me about?

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# **Opportunities**

### External: You don't have a direct influence on this element. It can enhance your competitive advantage in the job market.

Supporting questions: Which skills are required in the (near) future? What are trends that can boost my career or interests?

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## Weaknesses

### Internal: You have a direct influence on this element.

Recommendation: Be aware of your weaknesses and partner with people that can complement you in this area. Focus your energy on your strengths ©



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# Threats

# External: You don't have any direct influence on this element. It can affect your position in the job market.

Supporting questions: Which changes or trends could hinder my career progress?