

**HANDOUT FOR MENTEE**

**EMPLOYABILITY**

**2. Theme “Job suitable for me”**

**Self-reflection exercise: “The job I want”:**

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**Based on:** the results of the project “The measures for reducing social exclusion developed in Lithuanian labour market training service”.

**Task for mentee:**

- There are two steps in this exercise. First, fill in the table on the characteristics of the job you want.
- Second, think about the requirements for this kind of job. Then, evaluate your skills and competences – how much you meet the requirements.

**Step 1:**

Think about the questions below and fill in the table

**The working place:**

- Where would I like to work? In what kind of organization?

**Working conditions:**

- What working conditions are important for me?
- Do I have some special requirements?

**Working hours per week:**

- Do I have some special requirements?

**Salary:**

- What salary would I like to earn?

<b>The job I want</b>				
<b>What kind of job I want?</b>	<b>The working place</b>	<b>Working conditions</b>	<b>Working hours per week</b>	<b>Salary</b>
...				

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**2. Theme “Job suitable for me”**

**Self-reflection exercise: “The job I want”:**

**Step 2:**

You have already thought about what kind of job you would like to do. Now it’s time to assess, if your wishes for the job you want are real – answer the following questions by filling in the table.

- Numerate several job positions that are desirable for you.
- What kind of experience and what skills are necessary for the job you want?
- What kind of experience and what skills do you have?
- If you lack some skills, where could you gain or improve them?
- What are you planning to do in order to gain the job you want or to improve the competences necessary? What is going to be your next step?

The job I want	Necessary skills, knowledge, competences	Do I have these competences?	Where could I gain or improve my skills?	My next step will be...?