

HANDOUT FOR MENTEE**EMPLOYABILITY****3. Theme “Ability for active job seeking”****Exercise “Between Yesterday and Today: my personal, educational and working life”**

Adapted by Speha Fresia, Italy

Based on a tool included in the book “Bi.dicomp. Un percorso Isfol di bilancio delle competenze” (A. Grimaldi, A. Rossi, G. Montalbano, ISFOL, 2006), “The ISFOL pathway for the bilan de competence (Skills balance sheet)”. Isfol is the national research institute of the Ministry of Labour and the National Agency of the Leonardo da Vinci Programme.

Task for mentee

In this exercise you should remember the main steps, the milestones of your life, focusing on three domains: the **personal** life, the **education** and **training** career, the **working experiences** (including housekeeping and voluntary works). Please, fill in the grids and presents each sheet.

Between Yesterday and Today**MY PERSONAL LIFE**

Yesterday

Today

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MY EDUCATION CAREER

Yesterday

Today

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MY WORKING EXPERIENCES

Yesterday

Today

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