



My strengths

Conversation cards

Funded by the Australian Government Department of Social Services.



My strengths cards

These cards can help you think about your strengths.

Strengths are the things that come easy to you like being friendly or organised.

Knowing your strengths can help you choose a job that is right for you.



I am kind





I am a leader





I want to learn new things





I am flexible





I am organised





I am friendly





I am caring





I am honest





I am brave





I am thoughtful





I am creative





I am helpful





I have a lot of energy





I like teamwork





I like to try new things





I am calm





I like new ideas





I am positive





I am always on time





I like to write





I like to read





I like to speak in public





I am funny





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Important to me

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Important to me activity cards

These cards can help you to think about

- what is important to you in a job
- the types of jobs you might like.

Knowing this can help you choose a job that is right for you.



The kind of work I like

I like to work with computers



The kind of work I like



I like to work with food





The kind of work I like

I like to work outside



A man with glasses and a blue shirt is crouching on a grassy field, holding a red and blue ball. He is smiling and looking at a white dog sitting in front of him. A black dog is standing in the background. The scene is outdoors with trees and a building in the background.

The kind of work I like

I like to work with animals



The kind of work I like



I like to work with people





The kind of work I like

I like to work with customers



The kind of work I like



I like to care for people



A young woman with dark hair tied back, wearing a red and white plaid shirt and a brown apron, is focused on shaping a piece of white clay on a pottery wheel. She is looking down at her work. In the background, another person with glasses is partially visible, also working. The setting appears to be a pottery studio or workshop with large windows in the background.

The kind of work I like

I like to make things



A woman with dark hair tied back, wearing a black cardigan over a blue floral top, is leaning over a table and writing in a notebook with a black marker. She is wearing a blue lanyard with white text that reads "Geelong is The Bell...". She also has a gold necklace and a red beaded bracelet. A red water bottle is visible in the foreground. The background is slightly blurred, showing other people at the table.

The kind of work I like

I like to write



A close-up photograph of a person's hand operating a black calculator on a desk. The desk is cluttered with various items: a pen, a clipboard, and several sheets of paper, some of which contain printed tables or spreadsheets. In the background, another person's arm is visible, holding a piece of paper. The scene is brightly lit, suggesting an office environment.

The kind of work I like

I like to work with numbers





The kind of work I like

I like to be creative





The kind of work I like

I like science





Things that are important to me

I like to do lots of different things



A photograph of a sewing workshop. In the foreground, a woman with dark hair tied back, wearing a red polo shirt and a yellow measuring tape around her neck, is focused on sewing a piece of yellow fabric on a sewing machine. Behind her, another woman in a red shirt is also working on a sewing machine, handling a piece of pink fabric. In the background, a man and another woman are visible, also engaged in their work. The setting appears to be a professional or educational sewing environment.

Things that are important to me

I like to do one or two things very well



Things that are important to me



I want to work close to home



Things that are important to me



I like to work away from my home



A man with dark, curly hair, wearing a bright yellow t-shirt, is seated at a white table. He is looking down at a piece of paper on the table, holding a blue pen in his right hand. His left hand is resting on the table near the paper. The background is a plain, light-colored wall.

Things that are important to me

I like to work by myself



Things that are important to me



I like to work as part of a team



A photograph of a middle-aged man with a beard and glasses, smiling broadly. He is wearing a dark blue long-sleeved shirt under a bright yellow high-visibility safety vest. He is leaning against a dark, textured wall. The background is a blurred outdoor scene with a sidewalk, trees, and a parked car.

Things that are important to me

I like to work outside





Things that are important to me

I like to work inside





Things that are important to me

I am OK to work somewhere noisy



A man and a woman are standing in a library, smiling at each other. The woman, on the left, has short blonde hair and wears glasses and a bright orange jacket. The man, on the right, has short dark hair and is wearing a black zip-up jacket with a crest on the left chest and the word 'norteam' on the right chest. They are surrounded by tall wooden bookshelves filled with books. Some shelves have white labels with letters like 'V', 'U', 'Y', and 'X'.

Things that are important to me

I want to work somewhere quiet

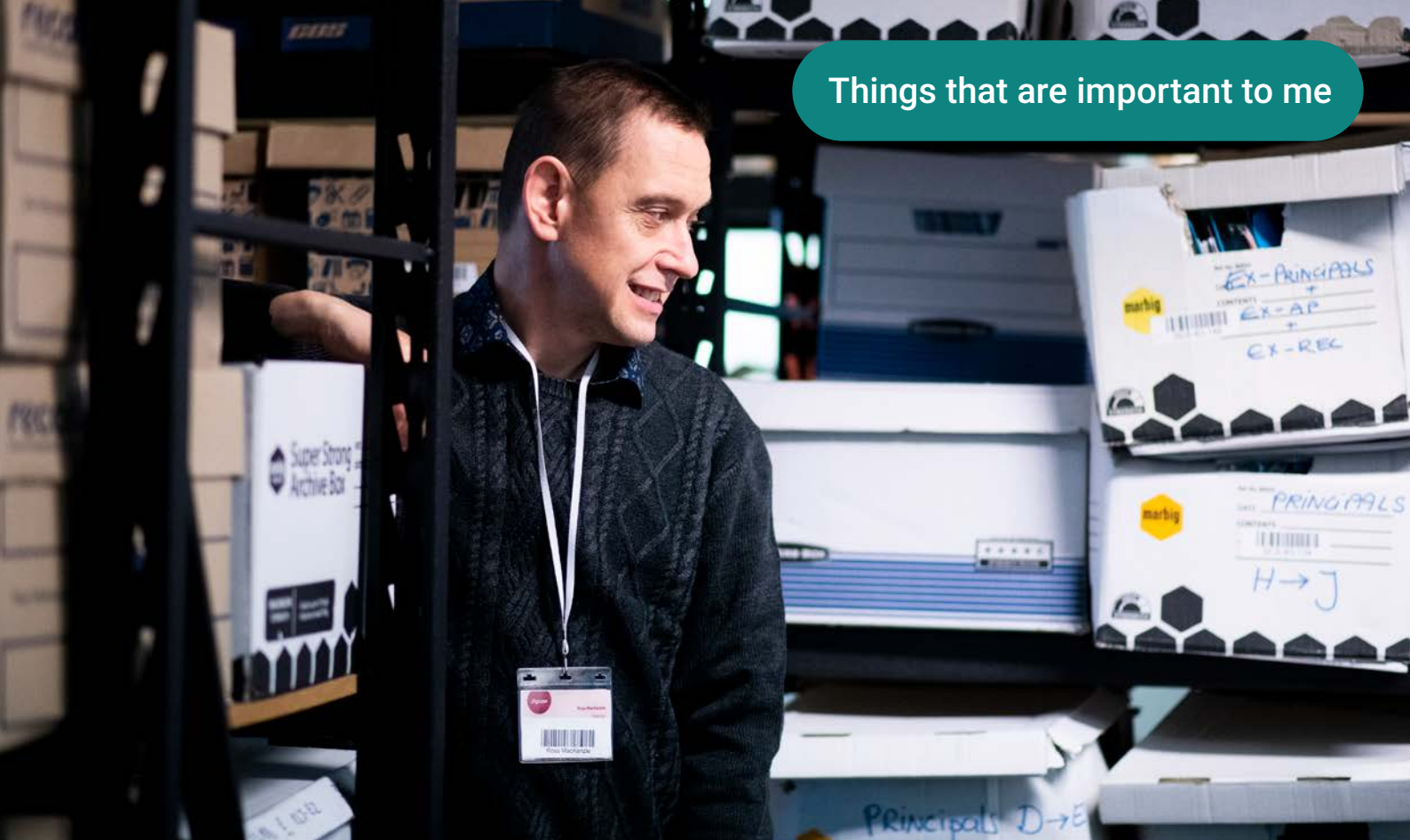


Things that are important to me



I want to talk to customers



A man with short dark hair, wearing a dark patterned sweater over a collared shirt and a lanyard with a badge, stands in a warehouse. He is smiling and looking to his right. He is surrounded by tall stacks of cardboard boxes. Some boxes are labeled 'marbig' and 'EX-PRINCIPALS' with handwritten text like 'EX-AP + EX-REC' and 'H → J'. A box to his left is labeled 'Super Strong Archive Box'.

Things that are important to me

I do not want to talk to customers





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Types of jobs

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Jobs I want to try cards

There are many different types of jobs.

These cards can help you think about the jobs you might like to try.

The back of each card shows some of the things you could do in that job.

We have included some jobs in these cards. You might be able to think of other jobs you would like to try.



Photographer



Photographer

- Take photos
- Edit photos
- Make digital images
- Travel
- Work indoors and outdoors
- Talk to clients



Baker



Baker

- Bake bread and sweets
- Clean up the kitchen
- Talk to customers
- Order ingredients
- Follow recipes



Library assistant



Library assistant

- Put books on shelves
- Help customers borrow books
- Keep the library tidy
- Pick up books that are out of place
- Help customers find books



Veterinary nurse



Veterinary nurse

- Care for sick animals
- Give animals medicine
- Assist the vet with their work
- Work in a team
- Talk to pet owners
- Make appointments



Flower shop worker



Flower shop worker

- Make bunches of flowers
- Talk to customers
- Sell flowers
- Keep the shop tidy
- Water the flowers and plants



Waiter



Waiter

- Take food and drink orders
- Serve food and drinks
- Clean tables
- Talk to customers
- Wash dirty dishes



Chef and kitchenhand



Chef and kitchenhand

- Prepare food
- Cook meals
- Follow recipes
- Work in a team
- Clean up the kitchen



House keeper



House keeper

- Clean rooms
- Keep the hotel tidy
- Dust furniture
- Make the bed
- Throw away rubbish
- Talk to clients



Barista



Barista

- Make drinks like tea and coffee
- Take orders from customers
- Clean the coffee machine and bar
- Take payments from customers



Farm hand



Farm hand

- Give animals food and water
- Collect eggs
- Pick fruit and vegetables
- Water plants and mow the lawn
- Fix fences
- Work with machines



Sports coach



Sport coach

- Train team
- Teach rules
- Lead and encourage your team
- Referee games



Musician



Musician

- Write songs
- Play instruments
- Sing
- Teach music
- Play music at events
- Work on your own or in a band



Gardener



Gardener

- Do weeding
- Plant flowers or trees
- Mow the lawn
- Rake fallen leaves
- Travel to different locations
- Work outside



Artist



Artist

- Turn your ideas into art
- Make art like paintings or pottery
- Sell artwork
- Share art with others



Carpenter



Carpenter

- **Build with wood and other materials**
- **Measure and cut materials**
- **Use tools and machines**
- **Follow building plans**
- **Repair furniture or houses**



Electrician



Electrician

- **Install wires and switches**
- **Repair appliances**
- **Follow safety rules**
- **Use tools like pliers**
- **Talk to customers**



Plumber



Plumber

- **Install pipes and toilets**
- **Fix broken pipes and leaky taps**
- **Clear drains**
- **Work indoors and outdoors**
- **Work with tools and machines**



Construction worker



Construction worker

- Dig trenches
- Lift heavy materials
- Work as part of a team
- Clean up the construction site to keep it safe
- Use tools and machines



Teachers aide



Teachers aide

- Support students to learn
- Help the teacher plan lessons
- Help with classroom activities
- Keep the classroom tidy



Truck driver



Truck driver

- Drive a truck or a van
- Load things in and out of the truck
- Make deliveries
- Drive long distances
- Work by yourself
- Follow road rules



Child carer



Child carer

- Take care of children
- Plan activities for children
- Talk to parents
- Keep area clean and tidy
- Help prepare food for children
- Make sure children are safe



Receptionist



Receptionist

- Welcome visitors
- Answer questions
- Answer phone calls
- Send emails
- Collect documents



Hairdresser



Hairdresser

- **Cut and style hair**
- **Shave beards and moustaches**
- **Talk to customers**
- **Clean the hair salon**



Delivery person



Delivery person

- Deliver packages to customers
- Keep track of deliveries
- Drive delivery car or delivery van
- Follow maps
- Work by yourself most of the time



Bus driver



Bus driver

- Pick up and drop off passengers
- Talk to lots of different people
- Help passengers
- Follow the road rules



Workshop facilitator



Workshop facilitator

- Plan activities in the workshop
- Help people with tasks and discussions
- Teach new skills to participants
- Make sure everyone feels included
- Answer questions and offer support
- Prepare materials
- Set up the workshop space



Packer



Packer

- Pack things for delivery or storage
- Load things into trucks
- Store items on shelves
- Follow instructions
- Work on your own and as part of a team



Security guard



Security guard

- Keep places safe
- Know the rules
- Watch security cameras
- Help in emergencies
- Stay calm under pressure



Sales assistant



Sales assistant

- Put products on shelves
- Talk to customers
- Take payments from customers
- Listen to customer complaints or feedback
- Tidy up the shop



Grocery store worker



Grocery store worker

- Stock shelves
- Help customers find products
- Talk to customers
- Take payments from customers
- Help keep the store clean