**Assignment 1: Make a summary of what you’ve come to know**

This assignment will take ca. 20 minutes.

**What have you come to know through the course about:**

What motivates you in your work?

What skills and qualities you have and which of those are your favourites?

What areas or skills you want to develop and why?

What type of work or role and working environment you want focus on for your next step?

What channels and ‘instruments’ you can use to find out more about where you would like to go and about job opportunities?

How to write or adjust your CV and motivation letter in an effective way?

**What questions remain that you would like to discus with me during your individual coaching session?**