10 Work Readiness Skills to get you ready for your next job

Mindset Skills

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- Self-Confidence & Persistence: Believe in yourself and your ability to work through any challenges that pop up.
- Flexible and Adaptable: Be comfortable with changing schedules and routines and able to go with the flow.



- Life Long Learner: Participate in your own learning and work to explore, apply new knowledge, practice new skills and grow.
- Leadership Skills: Be able to teach and mentor others effectively and create supportive environments for team building.

Social & Emotional Skills



- Effective Communication: Be able to clearly share your thoughts and ideas both verbally and in writing, with anyone at your work site.
- **Building Relationships:** Use proper greetings, be able to share information and exchange ideas and be respectful and kind to yourself and others.

Work Ethic Skills



- Independence: Be able to complete tasks with little or no extra help or supervision.
- **Honesty:** Always tell the truth, be trustworthy and responsible in your workplace.



- **Time Management:** Be on time to work. Know how to plan, organize and manage your own time to finish work goals and projects.
- **Self-Motivation:** Complete work tasks on your own. Follow the rules, wear the right clothes for the job and be ready to work.

Adapted from the 2021 SPIN Conference Workshop "It's a Jungle Out There" by Dr. Rhonda Black & Jared Galeai <u>https://spinconference.org/2021-spin-conference-spins-journey-through-the-wilderness/</u> Created in partnership by MCH LEND & SPIN Hawaii MCH http://spinhawaii.org/ http://blog.hawaii.edu/mchlend/



