

The Understanding my Journey Toolkit

Understanding My Journey project partnership - Coordinated by REY Europe

What is it about?



Understanding My journey is a toolkit for soft skills development through eight dedicated modules aimed at assessing a specific competence and, consequently, consolidating it. It is a clear, ready and simple to use tool, featuring self-assessment tests, case studies, and a work method. The skills it addresses range from relational to organizational ones, offering a synthetic yet complete set.

Who is it for?



This toolkit is meant for young people entering the job market for the first time. However, its simple use, clear language, and focus on soft skills such as positive attitude, time & energy management, etc. ..., makes it an appropriate tool for the competence assessment for family caregivers re-entering the world of work.

Key features



The toolkit focuses on eight specific soft skills, namely: Positive Attitude, Communication, Adaptability, Time & Energy Management, Work Ethic, Problem Solving & Analytical Thinking, Teamwork, Leadership. It features a general introduction explaining the assessment and enhancing methods, with a general entry level test for all the competences. Each section features an overview of the learning outcomes, a progress tracking table, a preliminary and a final skills check, as well as dedicated exercises.

Access the tool

The tool is available as an open access document to print out and fill in. It can be accessed via the following link:

https://www.ifo.it/wp-content/uploads/2019/12/UMJ_TOOLKIT_IT_FINAL.pdf

Languages available

English, Portuguese, Italian, Greek,
Croatian, Polish

Further information

Additional info on the toolkit can be found on the Understanding My Journey website at www.understandingmyjourney.eu