

## What does Assessment include?

The following exercises and surveys are offered and interpreted as one of the first steps to exploring your options for career growth and professional development. These tools provide the baseline for identifying what is important to you, what preferences you demonstrate, what skills you have developed, and how your personal style and work personality influence your job.

Some tools are more objective and predictive of job satisfaction and occupational fit than others, but when used together, all of these exercises point the way to your “best work”. While the real world may not immediately offer your ideal work opportunity, good assessment can increase your confidence, your insight, and your success in landing your best options.

### ***Interest Testing:***

- \* Strong Interest Inventory (CPP, Inc)
- \* MAPP Survey (Assessment.com)
- \* Self-report worksheets and journal exercises developed by Transitionwork.com

### ***Values Clarification:***

- \* Career Values Scale (Psychometrics Publishing)
- \* Worksheets for values exploration by Transitionwork.com

### ***Skills Identification***

- \* Worksheets for self-reporting of highest competencies and motivated skills by Transitionwork.com
- \* Skill card sort and worksheets from Skillscan

### ***Work Style and Work Personality***

- \* Strong Interest Inventory (CPP, Inc)
- \* Self-report worksheet from Transitionwork.com
- \* Myers Briggs Type Indicator

### ***Management and Leadership Effectiveness***

- \* CPI 260 (CPP, Inc)

### ***Most importantly,***

the feedback and interpretation you will receive with your coach is a crucial element in getting the most out of your assessment process. Linking this data to your personal identity and work goals is what gives assessment real meaning and power.