Mapping capacities and desires

*all creatures welcome

Not every kid is being supported in their talents and desires during childhood. Instead, we learn what others expect of us early on. Some of us have poor or very flexible boundaries and overstretch or overwork themselves easily. Being self-employed, working from home, or doing volunteer or activist work can exacerbate this.

This workshop is just for yourself. "Mapping" because it's about knowing where you stand, where you want to go, and where you should be careful going.

SWOT model

S – Strengths
W – Weaknesses
O – Opportunities
T – Threats

• SWOT can be adapted to a lot of contexts, for example it is also used in Holistic or digital security trainings to map threats.

• Also used in some companies to regularly check-in with their employees and help them evolve in the workplace.

If you want, you can now partici-pate in this exercise, you just need a piece of paper (I suggest DIN A4 size) and a pen.

It'll take 10-15 minutes.

Divide the paper in 4 sectors like shown on the next slide:

Strengths

**What am I good at
and what do I like to do?**

Weaknesses

**What am I not good at
and what do I not like doing?**

Opportunities

**What do I like doing
but am not good at yet?**

Threats

**What am I good at
but don't like doing?**

Legend

You can enter into each field:

- **hard skills (technical or specialist knowlege, skills, and experience) and**
- **soft skills (personal values, traits, social competence, hobbies and so on).**

And now, let's have a look at each of these fields:

Strengths

Great! Keep it on!

Weaknesses

Avoid doing these things. Can you delegate some of this? Can you get help?

Opportunities

This is where you could grow in the future.

Threats

These items should be limited on your schedule and observed closely: frustration & burnout potential. These can be things other people want you to do (eg fix their computer). → Knowing how to say NO can be helpful here!

Thank you for your participation!

Feedback:
u @ curlybracket.net