**My 10 Key Competencies Log**

The skills my employer wants to see from me

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| **Key Skill** | **Example of a time you've used this skill** | **Further Actions** |
| Teamwork |  |  |
| Motivation/Initiative |  |  |
| Digital Skills |  |   |
| Numeracy/Literacy |   |   |
| Reliability |   |   |
| Following instructions |   |   |
| Flexibility |   |   |
| Resilience |   |   |
| Presentation |   |   |
| Understanding |   |   |