**Activity 3**

**My BMet Work Skills**

**Using my skills**

Your personal skills help you to do your best and make the most of life.

The good news is that you use many of these skills already, although life at work is different to life at school.

Here at BMet, we help you prepare for your career!

When studying a course at BMet, we will be preparing you for the workplace as part of your course.

Here’s a simple way to identify your personal work skills and identify a job you can use it in and you can study for at BMet.

See example below.

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| **Top skills** | **What job would I use this job in?** |
| Working with others | Construction, Health Care, Dental Nurse |
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