

Transferable skills



In the BBC One drama *Secrets and words*, Valerie goes for a job interview at a chemist. She has spent several years caring for her two children by herself, without paid work.

Like Valerie, you may have gaps in your work history. But throughout your life, you will have gained **transferable skills**. This means the skills you gain in life which can be transferred to other situations. For example, if you manage your time to pick up children and fit in other tasks each day, you have time management skills which can be useful to an employer.

Activity: With a partner, list things you have done when not in paid work, such as: **Bringing up children • Running the home • Voluntary work • Sports • Membership of any clubs, teams or committees • Following hobbies or interests.**

Think of all the skills and knowledge you need to do these things. Use the table to help you get started.

Things I've done whilst not in paid work	Skills and knowledge gained
<i>Example:</i> Shopping for a family	Budgeting, planning meals, using money.