**PURPOSE WITH THE EXERCISE:**

**COMPETENCIES**

 **THE MODEL OF COMPETENCE**

The purpose with this exercise is to vary and understand your competencies better through categorising your competencies.

**HOW TO DO IT:**

Use the competence model and the below mentioned 3 perspectives on competencies, for categorising your competencies from you gross list or mind map. Also, consider adding more competencies if you spot a category that you have not had on your list so far.

The 3 perspectives are:

1. Personal competencies and professional competencies
2. Hard competencies and soft competencies
3. Context-dependent competencies as well as competencies not dependent on context

**EXAMPLE:**



**MY COMPETENCIES:**

|  |  |  |
| --- | --- | --- |
|  | CONTEXT-DEPENDENT | NOT DEPENDENT ON CONTEXT |
| HARD |  |  |
| SOFT |  |  |