



YOUR HEALTHY CHOICE AMBASSADOR

ACE YOUR INTERVIEW CHALLENGE

Week 2: Transferrable Skills – TIP SHEET

WHAT ARE TRANSFERRABLE SKILLS?

Transferrable skills are skills that you can take with you from one situation to another.

Some examples of transferrable skills:

TIME MANAGEMENT – the way you schedule your time to get everything done

At home: figure out how to make time for your schoolwork, your friends, your hobbies, your volunteer work, your part-time jobs – and making sure that you have time for it all!

In the ring: manage your time so that you can buy and prepare healthy foods to eat, train hard, research your opponents, make time to rest – making sure you are ready to compete!

RESEARCHING – make sure you are always prepared and have all the information you need

At home: taking the time to do thorough research for homework/school projects, a company you want to work for so that you can get the best possible grades or be prepared for the interview!

In the ring: research your opponents; the people you want to hire as managers, promoters, and trainers. Always know what you are up against and be prepared to handle it!

PROBLEM SOLVING – find the source of the problem, think of different and positive ways to solve it

At home: How do you solve arguments with brothers, sisters, friends in a way that is positive and healthy? How do you deal with difficult homework? How do you take responsibility and find creative solutions?

In the ring: What creative plans or strategies do you put in place to make sure you are prepared to compete? How do you handle an opponent who's very tough to beat?

COMMUNICATING – how do you communicate in a way that gets your point across clearly and respectfully? Does your body language match your words?

At home: writing for school versus text messages; speaking clearly and calmly versus arguing/yelling, or mumbling; are you good at writing essays or stories? Are you good at public speaking?

In the ring: respectfully greeting your opponent, no swearing or insulting, observing the rules of the ring, communicating any problems to the referee.

It doesn't matter if you've never had a job – you have used all of these skills in your everyday life and can use them as example in an interview!!!

For next class: think of an example of a transferrable skill that you have. It can be any of the ones listed above, or a different one (research them on the Internet if you can!). For next class, come prepared talk about your transferrable skill and how you have used it at home.

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