

Job opportunities - self assessment

Name: _____ Date: _____

What are my work related goals?

What do I have to do personally in order to increase my work competencies and achieve my goals?

What kind of help do I need to increase my work competencies and achieve my goals?

I can return to work after:

0-3 months

4-6 months

7-12 months

More than 12 months

Don't know