



UNDERSTAND YOUR STRENGTHS & CHALLENGES

# SWOT ANALYSIS



## STRENGTHS

- Creative thinking
- Visual memory
- Strong memory
- Empathy
- People skills
- Storytelling
- Problem-solving



## CHALLENGES

- Slow reading
- Spelling / Grammar
- Slow info processing
- Memory overload
- Frustration
- Low confidence
- Fear of failure

## OPPORTUNITIES

- Mentors
- Multisensory learning
- Internship
- Volunteering
- Support networks
- Professional networking

## THREATS

- Being misunderstood
- Distractions / Defocus
- Restrictive environment
- Resource barriers
- Limited career guidance

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SWOT

YOUR WAY

FORWARD.



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## STRENGTHS

- Creative thinking
- Big-picture thinking
- Verbal memory
- Empathy
- Verbal & people skills
- Storytelling
- Problem-solving



## CHALLENGES

- Writing difficulties
- Spelling issues
- Weak motor skills
- Hard to organize ideas
- Slow info processing
- Fast-paced environment
- Visual-spatial challenges

## OPPORTUNITIES

- Mentors
- Online learning
- Internship
- Volunteering
- Support networks
- Professional networking

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## STRENGTHS

- Creative thinking
- Intuitive thinking
- Pattern recognition
- Big-picture thinking
- Practical ability
- Empathy
- Verbal & people skills



## CHALLENGES

- Calculation & numbers
- Time management
- Directions & navigation
- Fear & anxiety
- Low confidence
- Fast-paced environment
- Trouble handling money

## OPPORTUNITIES

- Mentors
- Online learning
- Internship
- Volunteering
- Support networks
- Professional networking

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## STRENGTHS

- Creative thinking
- Strategic thinking
- Intuitive thinking
- Big-picture thinking
- Practical ability
- Empathy
- Verbal & people skills



## CHALLENGES

- Coordination & motor skills
- Daily routines
- Mental overload
- Fear & anxiety
- Low confidence
- Fast-paced environment
- Learning new physical skills

## OPPORTUNITIES

- Mentors
- Online learning
- Internship
- Volunteering
- Support networks
- Professional networking

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## STRENGTHS

- Creative thinking
- High energy and enthusiasm
- Hyperfocus
- Resilience & adaptability
- Problem-solving
- Empathy
- Verbal & people skills



## CHALLENGES

- Focus & attention
- Time management
- Impulsivity
- Organization
- Stress & overwhelm
- Boredom with routine
- Low confidence

## OPPORTUNITIES

- Mentors
- Online learning
- Internship
- Volunteering
- Support networks
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