

## Module 1 - All about you

Module 1 helps you to identify your skills and values. It also encourages you to think about how these relate to careers and the kinds of jobs that you might like to do.

Work your way through the [All about you Module](#), completing the activities. To get the most out of this module, we suggest that you complete the Planit Portfolio interactive tools.

### Teacher/Trainer Notes

If you are a teacher or trainer delivering this module to young people, you can use the [PowerPoint presentation](#), which includes notes, activities, tasks/discussion points and estimated timings. There are also [teacher/trainer notes](#), which outlines delivery requirements, aims, outcomes, career management skills and senior phase criteria.

If completing this module as a paper-based exercise, download and print [Activity 1 Worksheet](#) and [Activity 2 Worksheet](#) as well as the content before delivering the module.