



Deutscher
Volkshochschul-Verband



My

Strengths Atlas

My Strengths Atlas

My name:

My date of birth:



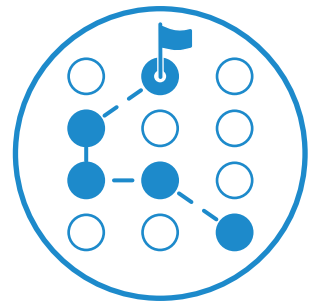
My roots



My protective environment and places of learning



My desires and goals



My strategy

My roots



M 4

M 5

Where do I come from?

What are my roots, where was I born?

My family

Who is part of my family?

Who is my wife/husband:

How many children do I have:

Who else do I look after?

Who are my friends?

Where are they?

Stages of my life

M3

M8

Where have I lived?

(Village, small town, city)

What did I do there?

(School, work, free time)

Role models

Among my family and friends, which individuals have been/are important in my life?

Why?

Values

M12

M7

What's important to me in life?

In family; with friends; for work?

What do I particularly support?

Language

M3

M17

What is/are my mother tongue(s):

Primary mother tongue: _____

Understand: good average limited

Read: good average limited

Write: good average limited

Secondary mother tongue: _____

Understand: good average limited

Read: good average limited

Write: good average limited

What other languages do I speak:

1st foreign language: _____

Understand: good average limited

Read: good average limited

Write: good average limited

2nd foreign language: _____

Understand: good average limited

Read: good average limited

Write: good average limited

3rd foreign language: _____

Understand: good average limited

Read: good average limited

Write: good average limited

4th foreign language: _____

Understand: good average limited

Read: good average limited

Write: good average limited

My personal contacts

M9

M17

M12

Am I still in touch with friends, relatives or other people in my country of origin?

Yes

No

How am I in contact?

For example: telephone, e-mail, letters, Skype

Can/will I use these contacts after I return?

Yes

No

My protective environment and places of learning



Social life

M9

M17

What particular tasks have I had in my family, in Germany or in my country of origin?

In the local area?

In (cultural) associations?

In the faith community?

Household

M3

What household experience do I have, including cooking/baking?

What do I like to cook and for whom?

What other household activities have I done?

Caring for children and older people

M3

Have I ever looked after children?

Yes

No

When?

Do I enjoy looking after children?

Yes

No

What do I like to do with children?

For example: playing, reading to them, sport, singing, dancing, being outdoors, learning

Have I looked after older people or people who are ill?

Yes

No

When?

Do I enjoy looking after older people or people who are ill?

Yes

No

Medical expertise

M3

What medical expertise do I offer?

Manual work

M3

Do have experience with manual work?

Yes

No

If yes, what kind of manual work exactly?

For example: Sewing/tailoring, woodwork, car and bicycle repair, repairing electrical equipment (TVs and radios), weaving, welding, carpentry, construction work

Can I renovate my home?

Yes

No

Can I ...

Paint walls

Sand down doors

Paint

Other:

Agriculture

M9

Have I worked in the fields?

Where?	Activities

Have I worked in the garden?

Where?	Activities

Do I have experience with animals?

Where?	Activities

Creativity

M11

Am I creative?

Yes

No

Do I enjoy creating new things and thinking outside the box?

Yes

No

Can I ...

Draw

Sing

Dance

Play an instrument

Other:

Do I enjoy acting?

Yes

No

Do I enjoy doing sport?

Yes

No

Can I style hair and make-up?

Yes

No

Intercultural skills

M8

What have I noticed in different countries and being in contact with individuals from other cultures?

For example: norms, ways of interacting, manners, customs, lifestyles?

What have I learned?

What did I like and what was I less keen on? And why?

How did I deal with this?

Training



What schools did I attend in my country of origin and in Germany?

School	From:	To:	Degrees/school certificates

What career training programs have I done?

Training/studies	From:	To:	Degrees/certificates

Professional and activity-specific experience



What professional experience do I have? Where have I worked?

Job	From:	To:	Activity

Who have I learned things from?

In what ways have I helped my family or friends?

For example: in business, agriculture, in the household?

Job	From:	To:	Activity

What else have I learned? What courses have I attended?

For example: language courses, computer courses, drivers license, artisan courses

Job	From:	To:	Activity

What did I like best in my activities/training?

What was I most interested in? What was difficult for me?

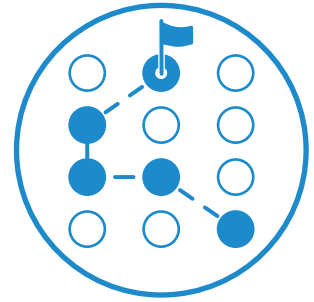
My desires and goals



What are my desires?

What are my goals?

My strategy



How can I use my skills and experience?

What area do I want to work in after my return?

Do my skills fit my vision of the future? What do I still need to develop? What do I still need to work on?

What opportunities are there for me to continue training?

Who can I get support from?

(family, friends, acquaintances)

What do I need to do to achieve my goals?

What difficulties may arise?

Material

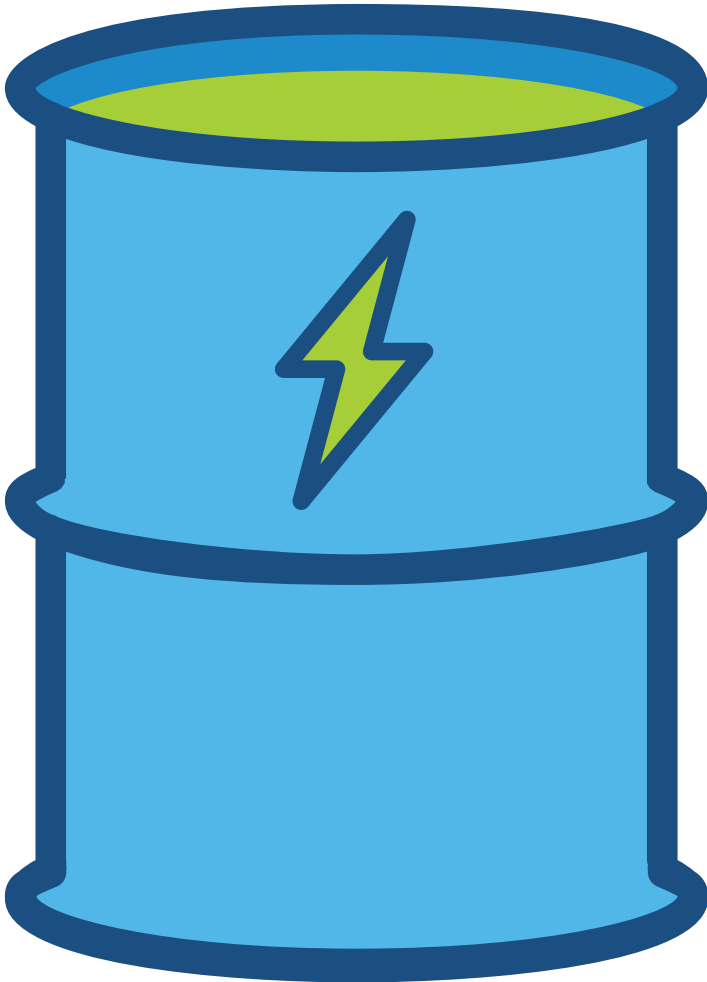


Energy barrel

How full is my energy barrel?

What fills my energy barrel?

What empties my energy barrel?



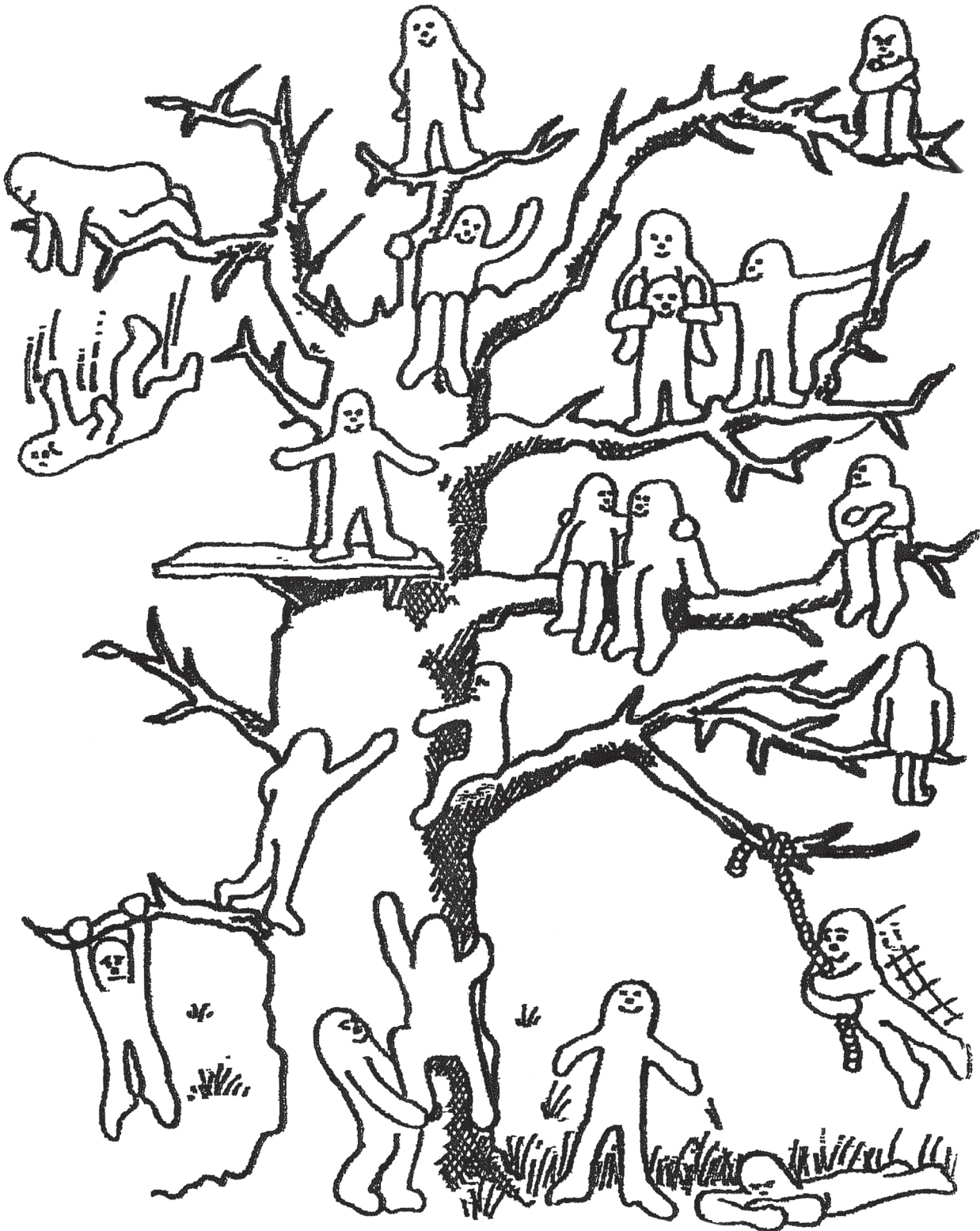
Mood tree

Look at the picture.

Can you find yourself in the picture?

Which figure best describes you at this time?

Please comment briefly:



My strengths map

Family

Places I've lived

Age

Friends

Jobs

Educational institutions

Activities in the household

Activities in social life

Activities related to caring for children and older people

Activities related to manual work

Activities related to agriculture

Activities in the creative field

Other activities

Intercultural skills

1st foreign language

2nd foreign language

3rd foreign language

4th foreign language

Role models

Values

Personal contacts

Tree

Fruits

What have I achieved, what have I been successful at?

(Special achievements and formal certificates)

Flowers and buds

What do I still want to develop, unlock and learn?

(My development goal)

Leaves

What do I use to present myself?

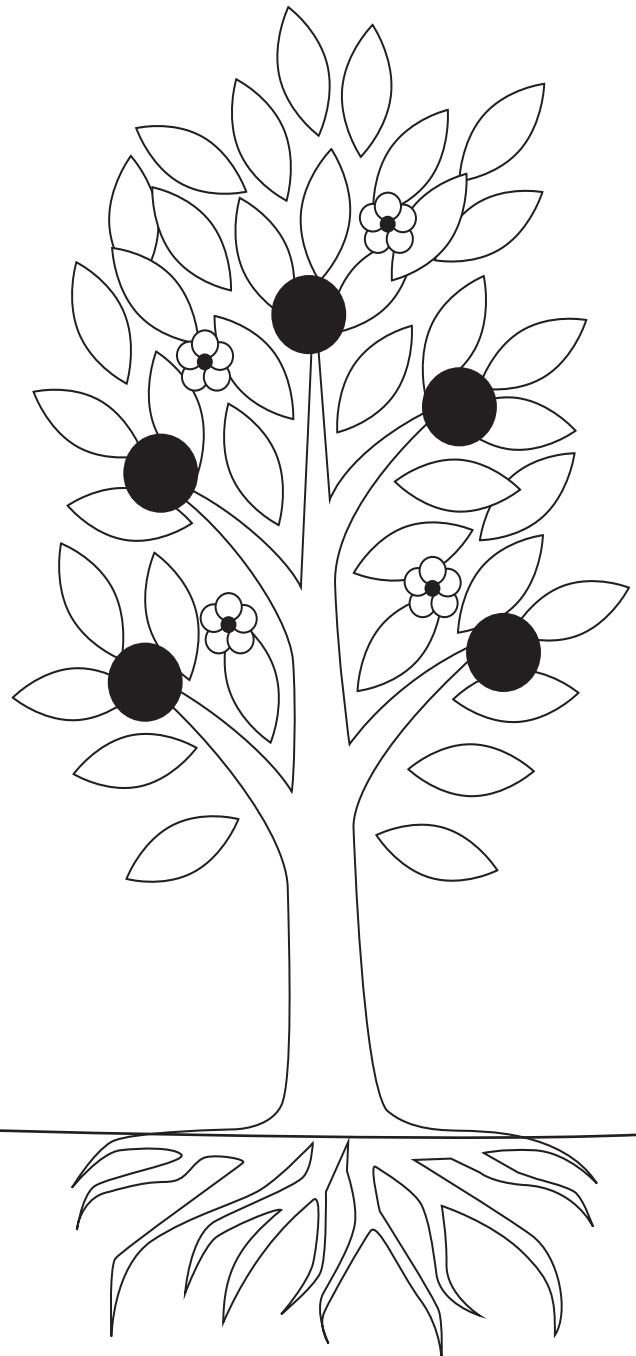
(Strengths and abilities)

Trunk and bark

What has been important in shaping me and my life?

Roots

Where do I get the strength for my life?



“My Tree”:

Flower (meadow)

Flowers and buds

What do I still want to develop, unlock and learn?

(My development goal)

Leaves

What do I use to present myself?

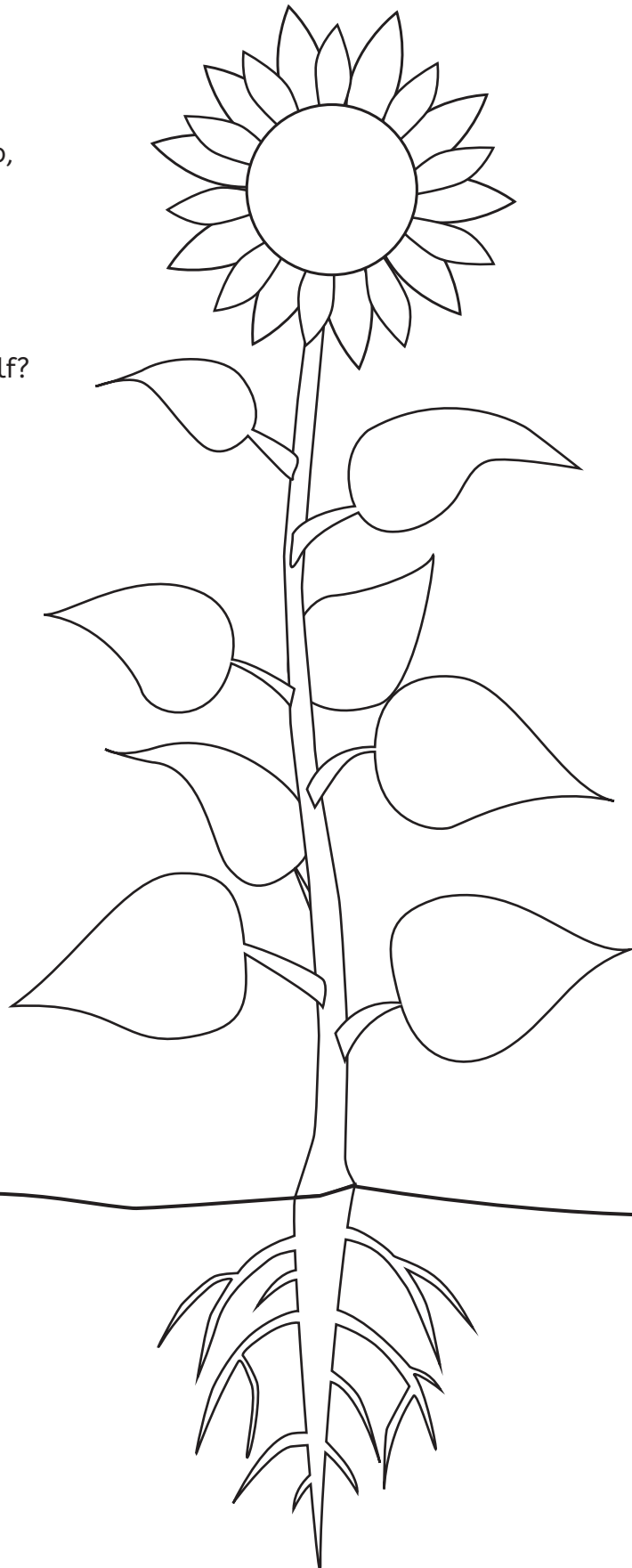
(Strengths and abilities)

Stem

What has been important in shaping me and my life?

Roots

Where do I get the strength for my life?



“My flower (meadow)”:



Circle of life

What happened?

What's happening now?

What do I expect / hope for?

What has shaped me? What extraordinary experiences have I had?



Pre-school and school Military and civil service Training and studies Internships and jobs
Work, friends and other students Free time and hobbies Voluntary work

I am ...

<input type="checkbox"/>	Sporty
<input type="checkbox"/>	Loyal
<input type="checkbox"/>	Brave
<input type="checkbox"/>	Good at maths
<input type="checkbox"/>	Patient with children
<input type="checkbox"/>	Good at dealing with people
<input type="checkbox"/>	Strong
<input type="checkbox"/>	Tidy
<input type="checkbox"/>	Friendly
<input type="checkbox"/>	Reliable
<input type="checkbox"/>	Attentive
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

<input type="checkbox"/>	Punctual
<input type="checkbox"/>	Hard working
<input type="checkbox"/>	Sociable
<input type="checkbox"/>	A team player
<input type="checkbox"/>	Quick
<input type="checkbox"/>	Popular
<input type="checkbox"/>	Assertive
<input type="checkbox"/>	Rarely ill
<input type="checkbox"/>	Perceptive
<input type="checkbox"/>	Determined
<input type="checkbox"/>	Skilled at manual work
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

I can ...

- Cook
- Draw
- Write well
- Do maths well
- Read well and quickly
- Plan and organise
- Speak well
- Learn easily
- Listen well
- _____

- Work with animals
- Handle money
- Save
- Solve problems
- Make things with my hands
- Sew
- Knit
- Hang wallpaper
- Draw
- _____

Things that are important to me:

- Patience
- Hard work
- Being willing to help
- Achievement
- Friendship
- Family
- _____

- Enjoyment
- Peace
- Politeness
- Cleanliness
- Calm
- Safety
- _____

Reflection questions

1. What were situations in your past that were important to you, and where you changed or gained something?

2. In which life situation did you learn a lot?

3. In your current life situation: what stimulates you to learn something new?

4. Where do you see the strengths and energy in your current learning situation?

5. Where do you see difficulties?

6. What do I want to do in the future? How will I achieve it?

Areas of activity in my life

Household
Activity
What have I learned that enables me to do something?
What do I want to develop? What do I want to learn more of?
What contacts have I made? Who can help me get there?

Family
Activity
What have I learned that enables me to do something?
What do I want to develop? What do I want to learn more of?
What contacts have I made? Who can help me get there?

Children
Activity
What have I learned that enables me to do something?
What do I want to develop? What do I want to learn more of?
What contacts have I made? Who can help me get there?

Work
Activity
What have I learned that enables me to do something?
What do I want to develop? What do I want to learn more of?
What contacts have I made? Who can help me get there?

School
Activity
What have I learned that enables me to do something?
What do I want to develop? What do I want to learn more of?
What contacts have I made? Who can help me get there?

Local area
Activity
What have I learned that enables me to do something?
What do I want to develop? What do I want to learn more of?
What contacts have I made? Who can help me get there?

Hobbies
Activity
What have I learned that enables me to do something?
What do I want to develop? What do I want to learn more of?
What contacts have I made? Who can help me get there?

Interests
Activity
What have I learned that enables me to do something?
What do I want to develop? What do I want to learn more of?
What contacts have I made? Who can help me get there?

Particular life situations

Activity

What have I learned that enables me to do something?

What do I want to develop? What do I want to learn more of?

What contacts have I made? Who can help me get there?

Life in Germany or another country

Activity

What have I learned that enables me to do something?

What do I want to develop? What do I want to learn more of?

What contacts have I made? Who can help me get there?

What I am proud of

What have I been successful at?

For example: In my free time, profession, education

Background:

What exactly have I done?

What was I good at? Which of my qualities helped me here?

What was problematic for me?

My result:

What did I enjoy doing most

20 things I enjoy doing

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

My personal treasure chest

What helps me in my day-to-day life?

What am I particularly good at?

What has helped me in my life?

Which of my qualities make my life easier?

Who's important to me?

What are my values?

What have I learned?

What are my attitudes?

What am I proud of?

What's important to me?

What helpful contacts do I have?

From the idea to the goal

1. Draft

2. Draft

3. Draft – that’s where I want to go!

Overcoming obstacles – what do I need to do now?

Obstacle: _____

Ideas for success: _____

What I'll do: _____

Concrete planning – how do I make a start now?

When: _____

What: _____

What needs to be borne in mind: _____

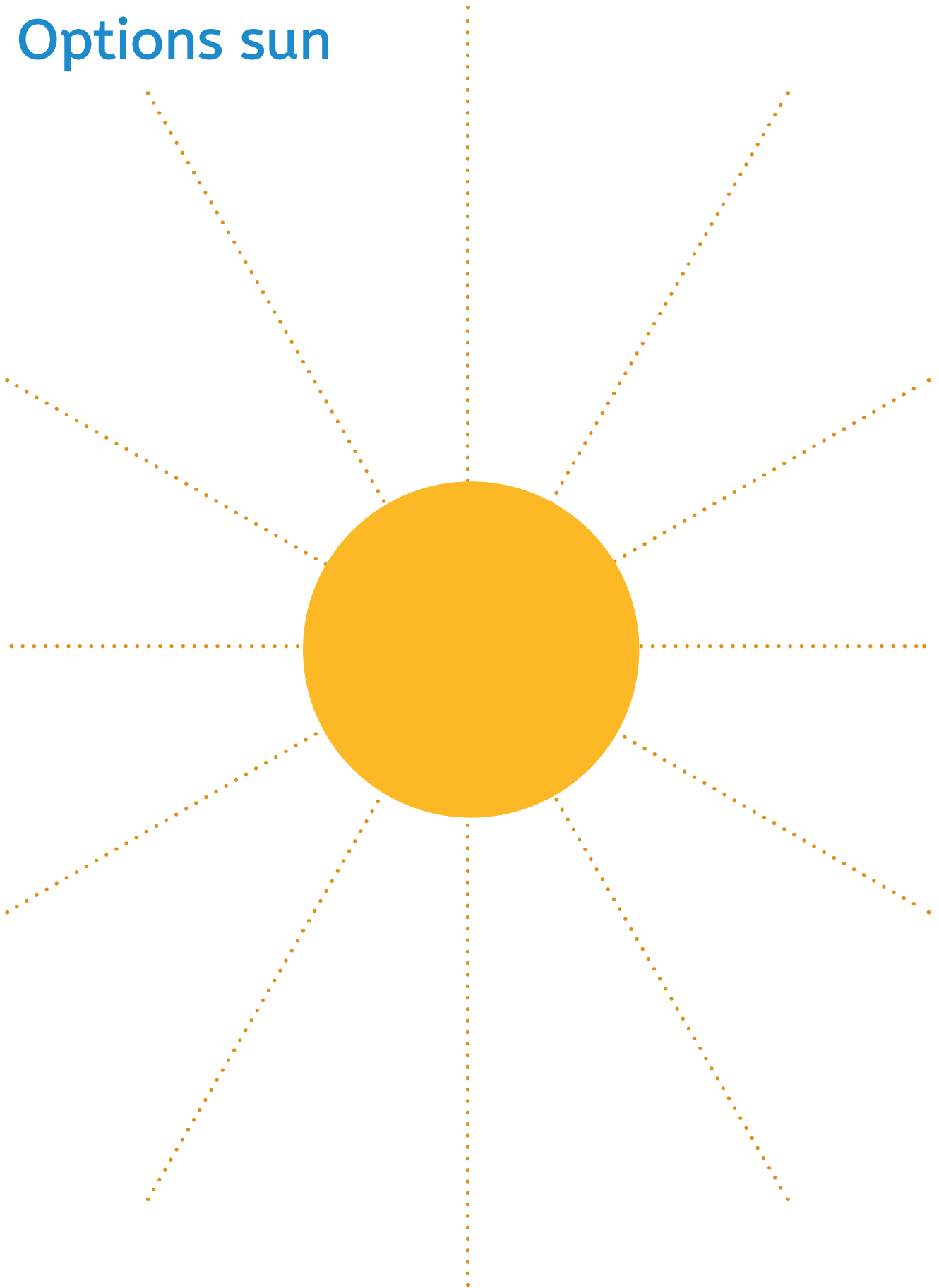
Who can support me?/Who do I need to think of? _____

With what resources: _____

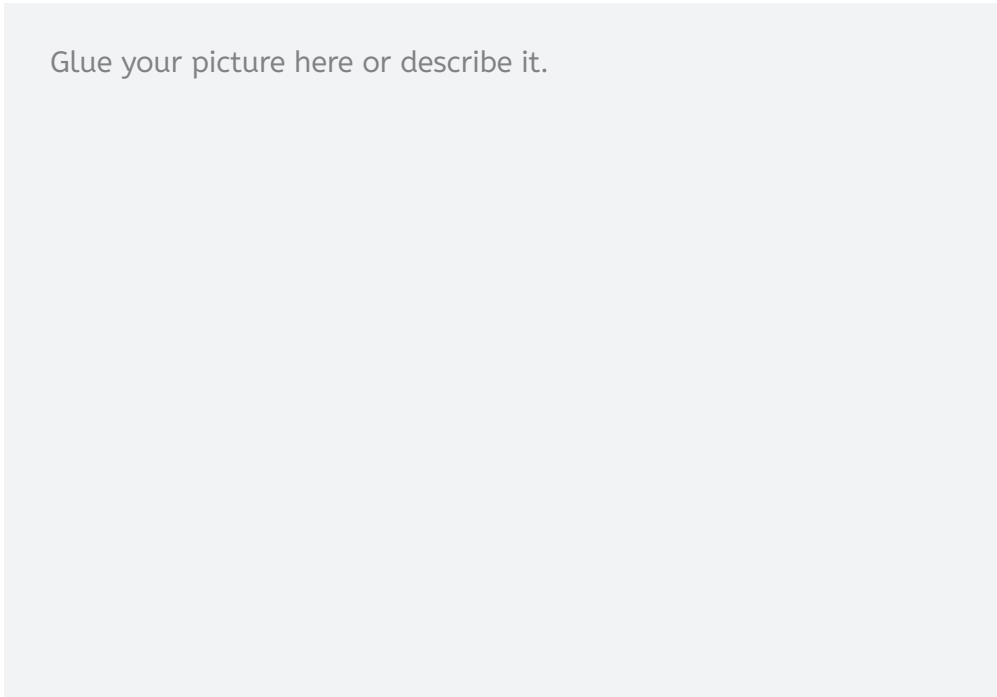
What/who can help me? _____

In case of emergency, I will ...? _____

Options sun



Picture card



My picture stands for this goal:

My strengths

My goals, desires and conceptions

What I would like to do better

What I like about myself

What I'm good at

What I enjoy doing

Two large, empty circles with dotted blue borders. The left circle is labeled 'What I'm good at' and the right circle is labeled 'What I enjoy doing'. Both circles are intended for handwritten notes.

What I have experience in

A large, empty circle with a dotted blue border, labeled 'What I have experience in'. It is intended for handwritten notes.

Identification of skills (brief)

Family name: _____

First name: _____

Place/country
of birth: _____

Date of birth: _____

Phone number: _____

E-mail address: _____

Single

Married

Husband/wife works as a _____

Children: _____ Age of children: _____

What languages do speak:

How many years you went to school for: _____

School-leaving qualification	When	Where

Profession: _____

Vocational qualifications	When	Where

Other activities: _____

Studies: _____

Diploma/degree	When	Where

1. How many years did you go to school for?

2. What did you particularly enjoy at school?

Which subjects were you particularly good at?

3. What activities did you do after school?

What did you particularly enjoy?

4. Do you have professional experience? If yes, what?

For how long and where did you work in this area?

Did you enjoy working in your profession?

What did you like best?

5. Did you work or do an internship in Germany?
If yes, what exactly did you do?

What did you particular enjoy about this and why?

6. What would you like to do/work as after your return?

7. How will you achieve the goals that you set yourself for the period after?

8. Do you have any people that you can contact after your return/whom you are already in contact with and who will/can help you with your return?

Legal notice

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Material sources

Material 1 – Energy barrel

Source: Mannheimer Abendakademie und Volkshochschule GmbH

Material 2 – Mood tree

Adapted from Mario Rinvolucri

Material 3 – Strengths map

Authorship: DVV: arising from the project “Bildungsbrücken bauen. Weiterbildung für Rückkehrer*innen“ [Continuing education for returnees]

Material 4 – Life tree

Adapted from Ries, Zurich 1998

Material 5 – Flower meadow

Authorship: DVV: arising from the project “Bildungsbrücken bauen. Weiterbildung für Rückkehrer*innen“ [Continuing education for returnees]

Material 6 – Circle of life

Based on Richard Nelson Bolles, 1970,
“What colour is your parachute?”

Material 7 – I am ...

©Monika Simikin, Mannheimer Abendakademie

Material 8 – Reflection questions

Source: Created from skills records in the training advice

Material 9 – Areas of activity in my life

Source: Created from skills records in the training advice

Material 10 – What I am proud of

Authorship: Talentkompass NRW [NRW Talent Compass]

Material 11 – 20: Things I enjoy doing

Source: Barbara Sher “Wishcraft. Vom Wunschtraum zum erfüllten Leben” [“Wishcraft, from the idle wish to the fulfilled life”] (Universitas Verlag (Tübingen))

Material 12 – My personal treasure chest

Authorship: DVV: arising from the project “Bildungsbrücken bauen. Weiterbildung für Rückkehrer*innen“ [Continuing education for returnees]

Material 13 – From the idea to the goal

Authorship: Talentkompass NRW [NRW Talent Compass]

Material 14 – Options sun

©IFL, Irmgard Betzler

Material 15 – Picture card

©Picture cards from the Zurich Resource Model
Developed by Maja Storch

Material 16 – My strengths

Source: Created from skills records in the training advice

Material 17 – Identification of skills (brief)

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