## Activity 3.4 Reflection on carers’ personal qualities in the workforce

*We suggest spending around 15 minutes on this reflection activity.*

Have you thought about the personal qualities that carers possess and how they might use these at work?

What do you think aboutthe skills, qualities and attributes highlighted by carers and summarised in Table 3.1?

The skills you saw listed for Lesley and Scott result from all their experiences gained through education, their work and their caring roles.

Do you recognise any of these skills, qualities and attributes in the carers in your workforce?

You might find [The SCQF: A Guide for Employers](http://scqf.org.uk/wp-content/uploads/2014/03/Employer-Guide-v2-FINAL-July-2010-with-updated-Framework.pdf) to be a useful resource. This maps skill levels to qualifications.

Record your thoughts in the box below.

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| **My notes** |
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## If you are doing this course as part of a group or with a mentor then you can share your answers and discuss your notes with others.