## Activity 4.1 Reflection on carers’ skills, qualities and attributes developed through their caring role

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

Naomi is working towards a career in social work. The following is a list of the skills, qualities and attributes that a social worker would need:

* excellent communication and people skills
* the ability to relate to people of all ages and backgrounds and gain their trust
* a practical and flexible approach to work
* tact, patience and empathy
* an understanding of the needs of different client groups
* a non-judgemental attitude
* the ability to work in a team and also use their own initiative
* the ability to assess situations and take appropriate action
* resilience – for coping with difficult situations and challenging cases
* good time management and organisational skills
* computer literacy and administrative skills.

(Source: National Careers Service, 2012b)

Looking at the skills, qualities and attributes above, how might Naomi’s caring experience prepare her to become a social worker?

Record your thoughts in the box overleaf.

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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.