

# About Me

Please answer the following questions honestly, as this will help you and your work coach have a good, open conversation and focus on the things that matter to you.

**What kinds of things do you like doing in your life and at work?**

For example, cooking, speaking to people, being outside.

**What are you good at?**

For example, working with others, computer skills or being patient.

**How does your health affect your life and your ability to work?**

For example, you cannot sit for a long time, or you are nervous in some situations.

**What work have you done in the past, if any?**

**What are some of the things that have made you proud in your life or at work?**

For example, helping someone, being thanked or doing something for charity.

**Is there anything else in your life that makes it difficult for you to work?**

For example, housing or debt issues, you are a carer for someone or you are having relationship problems.

**What help do you need to get back to work?**

Tell us how and what you want to do and if you need support.