

The Stärken-Parcours (strength course) enables your child to discover their strengths and interests. Many young people don't even know what their skills and abilities are. But this is important, because only those who know their own strengths are able to choose the right work experience placement... And know where their professional career path could lead!

Your help is needed:

- — What is your child good at?
- — What are your child's interests?
- — What are your child's passions?



The Stärken-Parcours is a professional orientation module financed by the state of Schleswig-Holstein as part of the SGB III of the Federal Employment Agencies in Schleswig-Holstein. The Stärken-Parcours is part of the "komm auf Tour - meine Stärken, meine Zukunft" (come on tour - my strengths, my future) project by the Federal Centre for Health Education (BZgA).

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part of the project



BZgA Eine Projektentwicklung der Bundeszentrale für gesundheitliche Aufklärung



A project designed to help pupils in Schleswig-Holstein discover their strengths, explore potential career paths and plan their lives

Dear parents and guardians,
what are your child's strengths?



What do you think?

Please check up to three boxes.

My child...



...likes dealing with numbers or money



Jobs related to numbers: sales, arithmetic, logical thinking and laboratory; planning and construction; PC and technology

...enjoys working with their hands using strength and skill



Jobs related to design: construction, planning, repairs; technology; nature and environment; sports

...likes helping others



Jobs centred around people: care and health services; medicine and ancillary medical jobs; education and teaching; police, fire service and administration; sports

...likes working with plants, animals or the environment



Jobs related to nature and the environment: plants and flowers, forestry, agriculture and fisheries; environmental protection; animal husbandry, animal care and veterinary medicine

...enjoys organising and keeping things neat and tidy



Jobs related to organisation: logistics, forwarding, traffic and transport; law and taxes; finance, banking and insurance; business and secretarial work, home economics

...likes to talk and offer advice



Jobs related to communication: consulting, sales, management and events; service, tourism, restaurant trade and kitchen; journalism, administration, law.

...has a lot of imagination and likes to design things



Jobs related to creativity: painting, drawing, designing; music; hair-dressing, cosmetics and clothing; entertainment and restaurant trade; gardening, plants and flowers

What's next?

Keep this card in a safe place. The Stärken-Parcourse will help your child discover their strengths and perhaps talk to you about them.

Ask your child about the areas of strength they have discovered. Compare:

- Did you notice the same strengths?
- Did you notice different strengths?
- Talk about it!

Think about it together: which strengths does your child want to explore in their vocational orientation programme, especially during career field exploration and work experience placement? In the strength fields above you will find several career directions that match your child's strengths. Your child will be given our Strengths Guide, which includes information about different professions, upon completion of the Stärken-Parcours.



Strengths define us – at work and in life in general!