

Skills Sprint - Day 1 - Strengths

**AI prompts
and tools to
unlock your
strengths**

**Squiggly
Careers**
Skills Sprint x AI

What is this squiggly skill?

Strengths are the things that give you energy, pull possibilities towards you, and shape what you want to be known for.

Learning how to:

- 👉 Spot your strengths
- 👉 Stretch your strengths
- 👉 Share your strengths

...helps you grow!

AI prompt to copy + paste

Act as a squiggly career coach. Be high care and high challenge in your approach.

Ask me 10 questions, one at a time, to help me explore what my strengths might be. At the end use my answers to create a summary of what my top strengths could be.

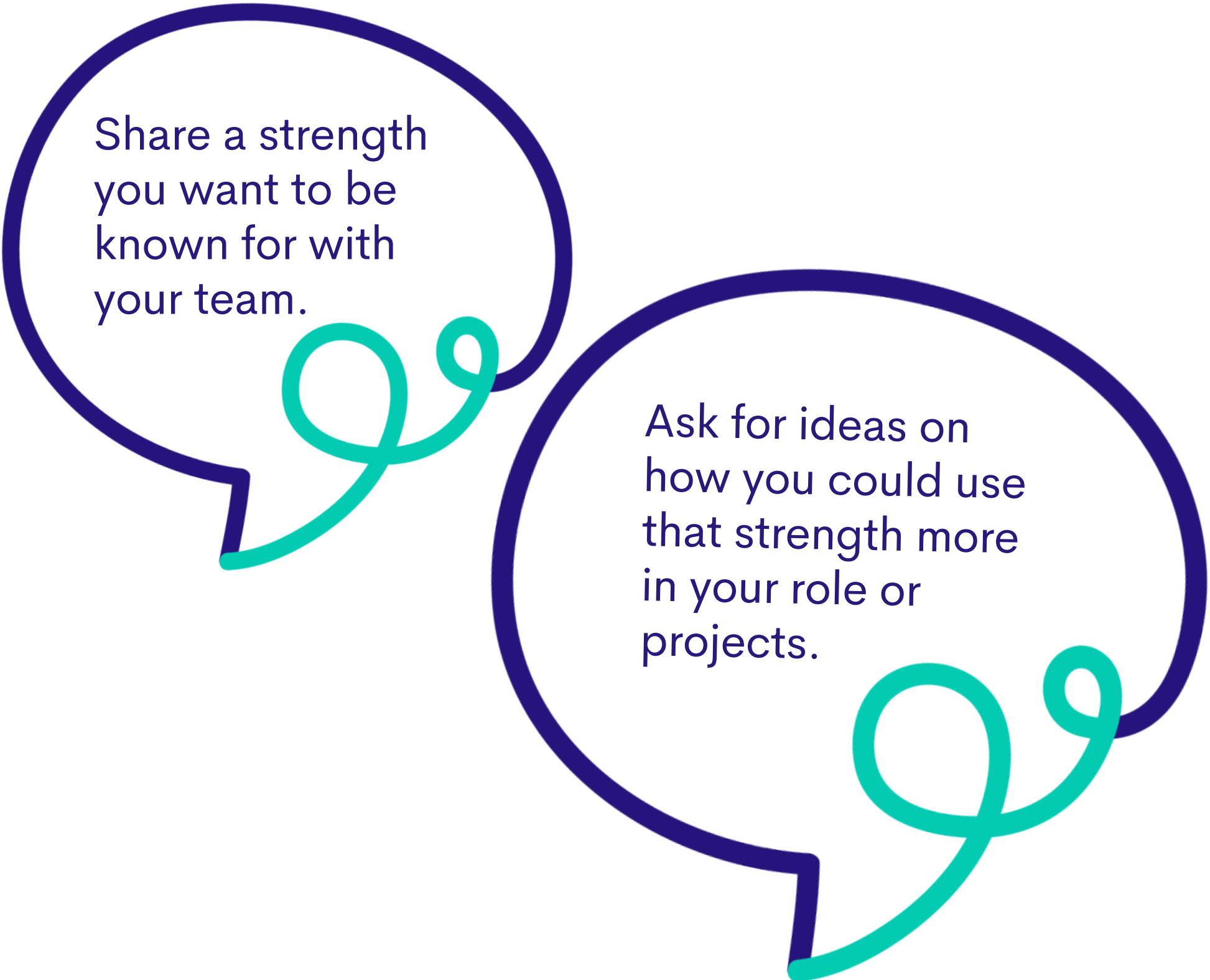
Tool to try out

Bring your strengths to life.

Use the feedback that your AI tool gives you to create a visualisation on Canva AI or your preferred AI tool, to help share your strengths with others.



Talk as a team



Share a strength
you want to be
known for with
your team.

Ask for ideas on
how you could use
that strength more
in your role or
projects.

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Watch Sarah & Helen explain why strengths matter and how AI can help you stretch them further on YouTube.



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It's not too late to sprint.

Join thousands of learners
already signed up for our
free 5-day skills sprint.

squigglyprint.com

