

How to learn more about yourself using profilers

Profilers can help you build self-awareness by giving you clues about what you're good at, what matters to you and where you could grow.

Start with what you want to learn, then choose a profiler to match. Stay curious about your results: question what doesn't sound like you, talk about what does and use what you learn to take action.

Three free profilers to try

"How do I make my work and life fit together?"

100 Year Life Diagnostic

Lynda Gratton's diagnostic helps you zoom out beyond your job.

It explores different threads of your life, including friendship, adventure and mastery, and offers questions to help you reflect on each.

Try: Choose one thread you want to focus on building and try one of the suggested actions to strengthen it.

"How can I better understand the way I work?"

16Personalities Test

Find the language to describe your personality, strengths, and how you work.

Use the results as clues to explore. Some descriptions might sound like you; others might not.

Try: Pick one strength from your results and ask someone you work with: *"Where do you see me doing this?"* Borrow the words and their examples for your next career conversation.

"Where should I focus my career development?"

Squiggly Skills Profiler

Discover your Super Skill and Gap for Growth across strengths, values, confidence, networks and possibilities.

Use your personalised actions to help you put your learning into practice.

Try: Choose one "Begin By" action to try this week. Or complete it as a team, compare your results and agree one action to take together.

AI prompt to find a profiler that works for you

"Suggest free profilers to help me explore [what I want to learn about myself or my career]. Create a table explaining what each could help me learn, what research or evidence it's based on, and include links so I can try them."