# **Activity Name: The Transferable Skills Bridge**

**Objective:** To practice "translating" personal experiences or past rigid job roles into flexible, professional vocabulary suitable for a modern CV or interview.

**Materials Needed:**

* "The Bridge" Worksheet (3 columns: Past Experience -> The Bridge -> Professional Skill)
* List of "Power Words" (e.g., Negotiated, Managed, Coordinated, Analyzed)

### **Instructions**

**Step 1: The "Rigid" List** In the first column, participants list experiences they feel are "irrelevant" or "just life stuff."

* *Examples:* "Raising 3 teenagers," "Volunteering at the church bake sale," "Working as a cashier 10 years ago."

**Step 2: The Bridge (Analysis)** In the middle column, break down what was actually required to do that task.

* *For "Raising teenagers":* Did you handle conflicts? Did you manage a budget? Did you schedule appointments?
* *For "Bake sale":* Did you handle money? Did you organize a team of volunteers?

**Step 3: The Professional Translation** In the third column, rename these tasks using professional "Power Words."

* *Raising Teenagers* becomes: **"Conflict Resolution, Logistics Management, and Budgeting."**
* *Bake Sale* becomes: **"Event Coordination and Cash Handling."**

**Step 4: The Pitch** Participants practice introducing themselves using *only* the words from Column 3.

### **Debrief & Reflection**

*(Participants can answer these questions individually or discuss as a group)*

1. **How does hearing your "life experience" described in professional terms change your confidence?**
2. **Which specific skill from your past were you surprised to find is actually transferable to a new job?**