

Self-Help Tools: The Transferable Skills Map

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Source: *SDLR*

Most people describe themselves by their job title or industry. When they want to change direction, they feel stuck because they think their experience only counts in the place they got it. This tool helps you separate what you have done from what you are actually good at. Those are two different things, and the second one travels with you everywhere.

Step 1: List your last 3 to 5 roles or significant projects

Do not think about your title. Think about what you actually spent your time doing.

Step 2: For each role, answer:

What problems did I solve repeatedly? What did people come to me for? What did I do that others found difficult or avoided? What results did I produce that I am proud of?

Step 3: Look for what repeats

Across all your answers, certain themes will show up more than once. Those repeating patterns are your transferable skills. They are not tied to an industry. They are tied to you.

Step 4: Name them plainly

Not stakeholder management. What did you actually do? I translated complicated technical problems into language non-technical people could act on. I stepped into chaotic situations and built order.

Someone spent eight years in logistics. They find three things across every role: they simplified broken processes, they were the person others brought difficult conversations to, and they built teams from scratch in new environments. None of those belong to logistics. They belong to that person.

Ask yourself:

- Which of my transferable skills do I most enjoy using?
- What types of roles would let me use them most?