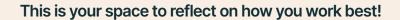
QUADMARK

Empowerment toolkit



Use the prompts to create a personalised empowerment toolkit - a living document that you update as you progress through your career squiggles.

My strengths are
I need support with
I thrive in environments where



My communication preferences are
My self-care practices are
A recent challenge I overcame was
Something I want to try next is

