



QUADMARK

Empowerment toolkit

This is your space to reflect on how you work best!

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...