**Session - SWOT Analysis –WS 1**

You will succeed in life if you use your talents well. Similarly, you'll have fewer worries if you know what your strengths and weaknesses are, and learn to make use of the opportunities you have.

So how do you go about identifying these strengths and weaknesses? How do analyse the opportunities and threats that you have?

SWOT Analysis helps you to understand yourself better and work to make changes for improvement.

For example:

Your Strengths are that you are smart and a good presenter/speak well

A Weakness could be that you tend not to mingle with everyone

An Opportunity may be a chance to be the anchor for your college fest

A Threat may be a college mate who you think speaks better

Now, ask yourself whether your strengths open any opportunities for you. And can you overcome a threat.

Is it possible to overcome your Weakness by taking advantage of your Opportunities?

A solution can be: You pick up the courage to talk to your college mate and decide to host the program together.

Your Personal SWOT Analysis:

Answer the questions in the four quadrants to find your Strengths, Weaknesses, Opportunities and Threats.

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| Strengths (Internal)  Mention something you are good at.  What do others (your friends, teachers, parents) see as your strength?  Mention certain achievements of yours that you are most proud of.  What values do you believe?  Are you part of a network that involves influential people? Mention them. | Weaknesses (Internal)  Why do you avoid some tasks?  What will the people around you (parents, friends, teachers) see as your weaknesses?  Are you confident in your education and skills training? If not, what are the aspects that worry you?  What according to you are your negative work habits? |
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| Opportunities (External)  Do you use technology to help you? Or do you get help or advice from others? Mention them.  Any courses or qualifications offered by your college that you can do to benefit you?  Is there an event or activity in your college/neighbourhood that you can participate in to develop yourself? | Threats (External)  Are there any obstacles that face you?  Do you feel any competition discouraging you?  Does changing technology threaten you?  Could any of your weaknesses lead to threats? |
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