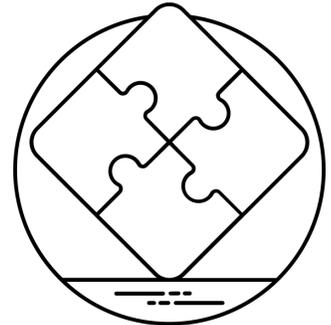


Activity: Identifying Your Strengths, Weaknesses, Opportunities, and Threats

The beginning of a project is a good time for “definitions” – Defining the project, defining your needs, and defining what you do well. A SWOT activity (Strengths, Weaknesses, Opportunities, and Threats) is a good way to begin to understand yourself and analyze both internal and external factors that will affect your impact on the project.

Purpose: When paired with the first scoping activity (*Understanding and Scoping the Project*), a SWOT analysis can create an opportunity for invisible factors that might impact the project to be made visible. Completing and sharing your SWOT Analysis creates understanding of each others’ skills, personalities and environments.



Created by Vectors Market
from Noun Project

Time: 30-40 minutes (15-20 minutes individually, 15-20 minutes for reflection)

Materials: [The MindTools Personal SWOT Analysis](#)¹, a writing utensil

Who: Complete the SWOT Analysis individually and then share with your mentoring partner.

What:

1. Reflect on your strengths. What do you bring individually to the project that may be unique? What are your past experiences? What are your interests? Fill in the “Strengths” portion of the SWOT analysis with your answers.
2. Next, reflect on your weaknesses. What skills would you like to improve as part of this project? Where might you need extra support? Where do you have fewer resources than others? Fill in the “Weaknesses” portion of the SWOT analysis with your answers.
3. Finally, reflect on the threats to your project. Do your weaknesses expose you to any threats? What do you foresee the challenges of the project being? Fill in the “Threats” portion of the SWOT analysis with your responses.
4. Share your SWOT analysis with your mentoring partner and compare and contrast your analyses. How will you use this to help inform your project?

Link(s) to Materials: [The MindTools Personal SWOT Analysis](#)
(<https://tinyurl.com/MindToolsSWOTAnalysis>)

¹ The MindTools Personal SWOT Analysis. Available from https://www.mindtools.com/worksheets/Personal_SWOT_Analysis_Worksheet.pdf [Accessed 7 August, 2019].

Personal SWOT Analysis Worksheet

- For instructions on using Personal SWOT Analysis, visit www.mindtools.com/personalswot.

<p>Strengths What do you do well? What unique resources can you draw on? What do others see as your strengths?</p>	<p>Weaknesses What could you improve? Where do you have fewer resources than others? What are others likely to see as weaknesses?</p>
<p>Opportunities What opportunities are open to you? What trends could you take advantage of? How can you turn your strengths into opportunities?</p>	<p>Threats What threats could harm you? What is your competition doing? What threats do your weaknesses expose you to?</p>