



## SELF-ASSESSMENT: MY COMPETENCES

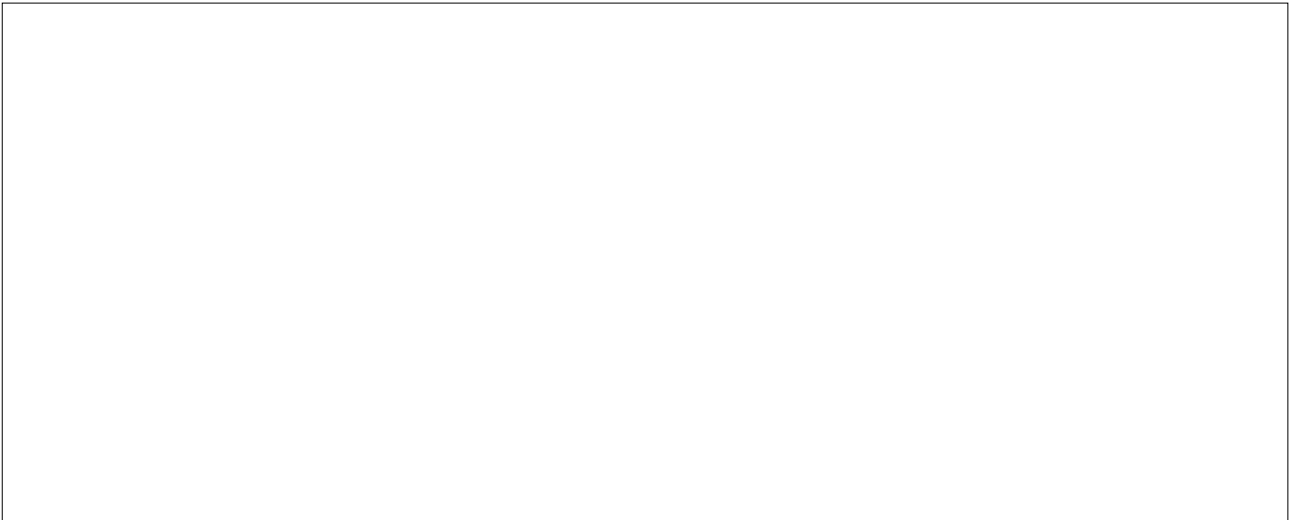
Take stock of how you assess your own competences. What are your strengths? Where would you like to develop? The checklist can also help you to compare your own perception of yourself with that of others you trust. Because sometimes we are the most critical of ourselves....

**PROFESSIONAL EXPERTISE** (field knowledge - stakeholders, discourses, topics, information...)

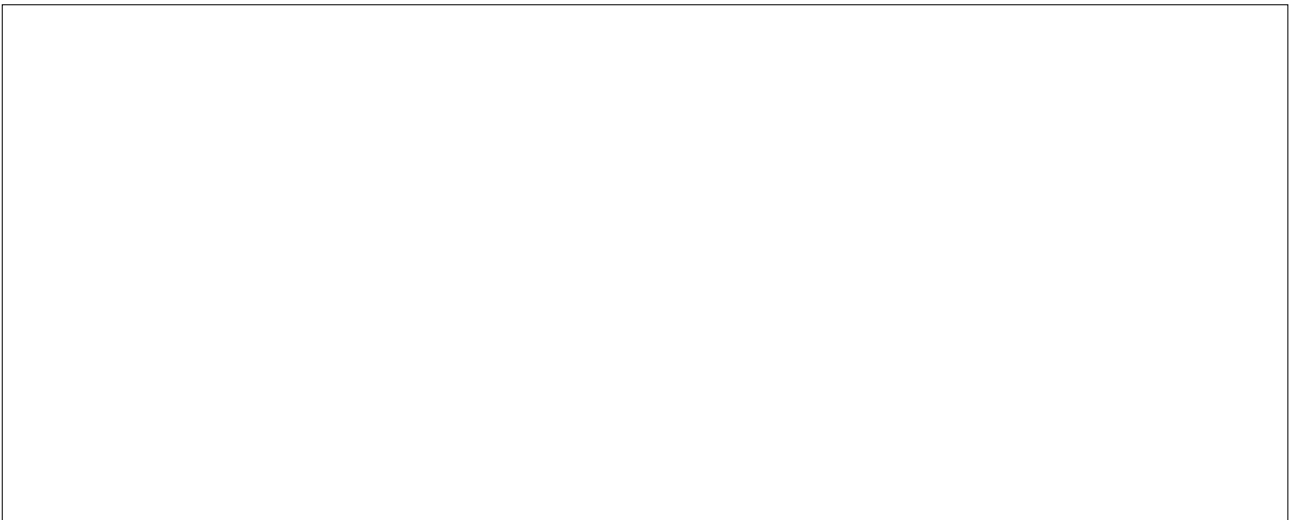
**PEDAGOGICAL COMPETENCE** (approaches and methodologies of non-formal learning, design & facilitation of group processes, moderation, assessment and reflection...)

**SPECIALISED PEDAGOGICAL COMPETENCE** (in the respective field you are working, regards Education for Democratic Citizenship, regards other field-specific approaches & methodologies)

SOCIAL COMPETENCE (acting and communicating professionally, peaceful, constructive and cooperative relation to learners, colleagues or other stakeholders, empathy...)



PERSONAL COMPETENCE (learning-to-learn, motivation, self-management, reflection, attitude & values, self-care...)



SELF-LEARNING, ASSESSMENT AND SELF-REFLECTION TOOLS:

- [Competendo Learning Companion: Facilitation Step-by-Step](#)
- [Council of Europe's Portfolio Tool on youth work competence](#)
- [Teacher Reflection Tool for the Council of Europe's Competences for a Democratic Culture \(RFDCD\)](#)
- [READY Reference model for Educators' Activities and Development in the 21st-century by ETF](#)
- [Appraiser Competence Development Platform for Trainers](#) (ETS competence model for trainers)