**SOFT skills**

|  |  |
| --- | --- |
| Give yourself a grade from 1 (poor) to 5 (very good) | Give evidence / examples |
|  | Sept | Jan | May |  |
| Creativity |  |  |  |  |
| Respect - humility |  |  |  |  |
| Adaptability |  |  |  |  |
| Time Management |  |  |  |  |
| Meeting the deadlines |  |  |  |  |
| Dealing with complexity and variety - flexibility |  |  |  |  |
| Curiosity |  |  |  |  |
| Persistence  |  |  |  |  |
| Cooperating - working in a team |  |  |  |  |
| Patience  |  |  |  |  |
| Accuracy - attention to details |  |  |  |  |
| speaking in public |  |  |  |  |
| searching the internet to retrieve useful information - exploiting the internet to get useful resources |  |  |  |  |
| establishing and maintaining good human relationship |  |  |  |  |
| learning a new ICT tool on a month basis |  |  |  |  |
| carrying out tasks on our own - personal responsibility |  |  |  |  |
| positive interaction |  |  |  |  |
| critical thinking |  |  |  |  |
| view issues or problems through different perspectives |  |  |  |  |
| empathy |  |  |  |  |
| Discretion (tact and diplomacy) |  |  |  |  |
| attention to body language |  |  |  |  |
| Well groomed  |  |  |  |  |
| leadership |  |  |  |  |
| confidence |  |  |  |  |
| Smiling - kind / nice / friendly / courteous / affable |  |  |  |  |
| courtesy - etiquette – manners |  |  |  |  |
| never lose one's temper |  |  |  |  |
| Persuasion |  |  |  |  |
| Punctuality  |  |  |  |  |
| facing a challenge |  |  |  |  |
| Calm under pressure |  |  |  |  |
| professionalism |  |  |  |  |
| integrity |  |  |  |  |
| negotiating |  |  |  |  |
| numeracy |  |  |  |  |
| coping with failure |  |  |  |  |
| Continue... |  |  |  |  |
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**JOB RELATED skills COOK**

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| --- | --- |
| Give yourself a grade from 1 (poor) to 5 (very good) | Give evidence / examples |
|  | Sept | Jan | May |  |
| * Prepare meals, snacks and drinks
 |  |  |  |  |
| * Plate food
 |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| * Present dishes
 |  |  |  |  |
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|  |  |  |  |  |
| * Clean the workstation
 |  |  |  |  |
| * Monitor stock consumption
 |  |  |  |  |
| * Restock the pantry
 |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| * Interact with the restaurant staff
 |  |  |  |  |
| * Organise and run catering events
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