

Strengths and Opportunities Template

Purpose: the purpose of this documents is to reflect on your strengths in this role so far and to identify a key competency you are looking forwarding to spending some time developing. The area of development you choose should reflect your personal, professional, or academic goals and should be discussed with your supervisor/mentor. It is advisable to work on your Strengths and Opportunities document every quarter during your Work Learn session (e.g. monthly for Summer, bi-monthly for Winter) in order to celebrate milestones, recognize new strengths, or create a new opportunity for development (if applicable).



Strengths in this Role	Supervisor Comments	
Opportunity for Development	Steps Required	Supervisor Comments