



SAMPLE  
STUDENT

# Outline Career Report

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Report produced by

*Puliendo el talento...*

**Sli Nua Careers**  
GET THAT JOB OR COLLEGE PLACE

Puliendo el talento is a leading career coaching company based in Zaragoza, Spain. Sli Nua Careers have offices throughout Ireland, with headquarters at Ballinrobe, Co. Mayo. My Career Scout© is a cross-European collaboration supported by the European Union's Erasmus Entrepreneurship programme. It has also been supported by Enterprise Ireland's New Frontiers programme and the European Union Regional Development Fund via Mayo Local Enterprise Office, Ireland.

 **NEW  
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entrepreneur development  
an Enterprise Ireland programme

**Difig Fiontair Áitiúil**   
Local Enterprise Office



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# Introduction

Here is your Outline Career Report – your first big step on the path to a rewarding and fulfilling career.

The purpose of this report is to help you make an informed and inspired career decision.

Study it closely, show it to people you trust and whose opinions you value. Treat this report as a starting point on your journey to career happiness.

This report has been produced as a result of a collaboration between two leading Career Training & Coaching companies – Puliendo el Talento in Spain and Sli Nua Careers in Ireland.

It features input from Career Coaches and Guidance Professionals totalling many years of experience and insight in this area.

This is a cross-European collaboration supported by the European Union's Erasmus + Entrepreneurship programme and Enterprise Ireland's New Frontiers programme.

Also outlined is how you can arrange to meet with one of our Career Guidance Specialists to discuss your next career step. Please call or email us if you wish to make a booking or if you have any queries.



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# Your Multiple Intelligences

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Logical /  
Mathematical

Linguistic

Interpersonal

Intrapersonal

Kinesthetic

Spatial / Visual

Musical

Naturalist

Your **MOST**  
developed  
Intelligences



Your **LEAST**  
developed  
Intelligences

## Multiple Intelligences Theory: A brief explanation

Howard Gardner, Ph.D., Professor of Education at Harvard University, developed a world-renowned theory about human potential. His theory claims that there are 8 different types of intelligences (or competences). Each person has a unique blend of intelligences. And each kind of intelligence is related to different jobs/positions in our society. In the labour market, and in life in general, we need people who are good at different things. A good career decision is where a person chooses a career pathway where they can take advantage of their most prominent intelligences.

Intelligence area	Is strong in	Learns Best through	Possible Careers
<b>Musical Intelligence</b>	Singing &/or playing an instrument, picking up sounds, remembering melodies, rhythms	Rhythm, melody, singing, listen to music and musical patterns	Conductor, composer, music teacher, recording technician, singer, sound engineer, musical performer, music critic etc.
<b>Kinaesthetic Intelligence</b>	Athletics, dancing, acting, crafts, using tools	Touching, moving, processing knowledge through body sensations	Dancer, coach, athlete, actor/actress, equestrian, carpenter, massage therapist, magician, mechanic, physical therapist, physician, architect etc.
<b>Linguistic Intelligence</b>	Reading, writing, telling stories, memorising dates, thinking in words	Reading, hearing and seeing words, speaking, writing, discussing and debating	Lawyer, editor, interpreter/ translator, journalist, playwright, poet, public relations, reporter, teacher, historian, librarian etc.
<b>Logical / Mathematical Intelligence</b>	Math, reasoning, logic, problem solving	Working with patterns and relationships, classifying, categorizing, working with the abstract	Accountant, analyst, investment broker, lawyer, chemist, pharmacist, physician, computer programmer, engineer, inventor, researcher, city planner etc.
<b>Visual/Spatial Intelligence</b>	Reading, maps, charts, drawing, mazes, puzzles, imagining things	Working with pictures and colours, visualizing, using the mind's eye, drawing	Photographer, graphic designer, advertiser, architect, artist, carpenter, cartographer, dentist, engineer, interior designer, mechanic, navigator, pilot, sailor etc
<b>Interpersonal Intelligence</b>	Understanding people, leading, organising, communicating, resolving conflicts, selling	Sharing, comparing, relating, interviewing, cooperating	Teacher, therapist, travel agent, child care worker, coach, manager, mediator, nurse, physician, public relations, salesperson etc.
<b>Intrapersonal Intelligence</b>	Understanding self, recognizing strengths and weaknesses, setting goals	Working alone, doing self-paced projects, having space, reflecting	Entrepreneur, consultant, counsellor, psychologist or psychiatrist, researcher, writer, trainer etc.
<b>Naturalist Intelligence</b>	Understanding nature, categorizing, identifying flora and fauna	Working in nature, exploring living things, learning about plants and natural events	Botanist, chef, environmentalist, landscape artist, navigator, sailor, veterinarian, astronomer, meteorologist, zoologist etc.

Please, keep in mind that the results we show you above about your Multiple Intelligences are approximate, but they can be used as another powerful insight along the way towards making your right career decision.

# Your Learning & Personal Skills

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Relationships at  
school

Emotion  
management

Class performance

Time management

Study skills

Your **MOST**  
developed  
Learning &  
Personal Skills



Your **LEAST**  
developed  
Learning &  
Personal Skills

# Your Learning & Personal Skills: a brief explanation

Academic success is not only the result of your intelligence. There are at least 5 factors which are very important in order to have good academic results:

Skill	What is this?	Why is it important?
Time management	Your ability to spend your time properly. You have good routines, you plan your days and you are aware of avoiding procrastination.	Time is a limited resource. Wasting time doesn't help us to be productive.
Study skills	Your ability to use strategies to be more productive at school and after-school. You use some approaches to help you in your daily routine: take notes, highlight properly, use mnemonics, draw diagrams to organise information...	We need to know how to use our capacities. It is not about being the fastest: it is about choosing the easiest way to get to our goals.
Emotion management	You recognise your emotions and you try to use them to your benefit. Anxiety, boredom, pressure...these can all be there, you may feel them, but you can cope with them properly?	Strong emotions can block us and diminish our results. As human beings, we are not machines and we need to know how to manage that.
Relationships at school	You have good relationships with your colleagues. You are comfortable around them. And you establish good and productive relationships with your teachers.	We are not alone at school. We are not going to learn everything by ourselves. We need to feel comfortable with others to be effective and to learn well.
Class performance	Our time at classroom is the key learning environment as new items are first brought to our attention there. Our attention, our participation, our engagement... these are totally necessities to learn and to improve. And we also need to know the rules and how to respect them.	A classroom is not a birthday party. Without attention and participation, your study at home will be significantly less effective

Don't forget that you can learn these skills. You can develop them day by day. Motivation is the key to being successful in these crucial areas. Nevertheless, if you think that you need help, don't hesitate to ask for it.



# Entrepreneurial Inclinations

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You Entrepreneurial Inclination:

**Low**

In recent years entrepreneurship has become a global dream for lots of people all over the world, but only very few understand the importance of entrepreneurship and dare to turn their dreams into reality. Though starting a new business from a scratch requires certain personal traits, as passion, self-belief, high self-motivation and courage, which are sometimes hard to develop, and high level of devotion as making your own business work takes a lot of time, in exchange it provides dozens of benefits.

One of the most appealing advantages of becoming an entrepreneur is being financially independent. At the same time, you should be prepared for all the risks associated with investing your money into something that maybe will fail.



# Your Career Domains

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**1** Computers & IT

**2** Marketing & PR

**3** Public Sector  
/Civil Service

**4** Sports

**5** Teaching &  
Education /  
Training

**6** Community /  
Charity Sector

**7** Business

**8** Logistics &  
Transportation

**9** Human  
Resources

**10** Retail, Sales &  
Customer  
Service

**11** Communications  
/ Media

**12** Emergency  
Services

**13** Psychology &  
Speech  
Therapy

**14** Design

**15** Library &  
Information  
Services  
/Museums

**16** Travel &  
Tourism/  
Hospitality &  
Leisure

**17** Politics

**18** Law

**19** Film &  
Television &  
Theatre

**20** Editorial &  
Literary

**21** Humanities

**22** Engineering

**23** Medical /  
Health  
Sciences /  
Healthcare

**24** Banking and  
Insurance

**25** Manufacturing  
& Processing

**26** Languages &  
Culture

**27** Veterinary /  
Animal

**28** Environmental  
Sector

**29** Mathematics

**30** Music Industry

**31** Childcare

**32** Technical &  
Craft

**33** Automotive  
Sector

**34** Aviation

**35** Fashion &  
Beauty

**36** Agricultural  
Science &  
Natural  
Resources

**37** Physical  
Science

**38** Architecture &  
Civil  
Engineering

**39** Gardening and  
Landscaping

**40** Military / Police  
/ Naval /  
Security

**41** Art

**42** Construction

**43** Culinary Arts/  
Food Industry

# Domains & Jobs

Domains	Jobs
<b>Agricultural Science &amp; Natural Resources</b>	Farmer, Forestry Worker, Horticulturalist, Aquaculturist, Agricultural Engineer, Agricultural Food Scientist, Agricultural Inspector, Agricultural Manager, Agricultural Specialist, Agronomist...
<b>Architecture &amp; Civil Engineering</b>	Architect, Draughtsperson, Surveying, Civil Engineer, Landscape Design...
<b>Art</b>	Painter, Illustrator, Sculptor, Photographer, Crafts...
<b>Automotive Sector</b>	Mechanic, Auto Body Repairer, Salesperson, Classic Car Restorer, Car Valet...
<b>Aviation</b>	Pilot, Air Traffic Controller, Cabin Crew, Aeronautical Engineer, Mechanical, Auditor...
<b>Banking and Insurance</b>	Corporate & Investment Banker, Financial Advisor, Fund Manager, Stockbroker, Insurance Assessor, Financial Service Sales Agent, Insurance Sales Agent...
<b>Business</b>	Accountant, Auditor, Administrator, Secretary, Manager, Consultant, Purchasing Agent, Tax Examiner, Revenue Agent...
<b>Childcare</b>	Early Childhood Teacher, Primary School Teacher, Playgroup Leader, Special Needs Assistant, Child Minder, Childcare Assistant...
<b>Communications / Media</b>	Broadcaster, Journalist, Announcer, Digital Communications Specialist, Reporter, Correspondent, Broadcast News Analyst, Video & Audio Producer, Writer, Critic, Art Director, Documentary Maker...
<b>Community / Charity Sector</b>	NGO (Non-Governmental Organisation) Worker, Youth Worker, Volunteer Co-ordinator, Social Worker/Social Care Worker, Community Health Worker....
<b>Computers &amp; IT</b>	Programmer, Software Developer, Database Administrator, Systems Analyst Technical Support Worker, Web Developer, E-Commerce Specialist, App Developer, Gamer, Videogame Developer, Big Data Specialist...
<b>Construction</b>	Developer, Builder and Building Services, Construction Manager, Construction Equipment Operator, Roofer, Sheet Metal Worker, Masonry Worker, Painter, Glazier, Flooring Installer, Tile and Marble Setter, Drywall Installer, Ceiling Tile Installer ...
<b>Culinary Arts/ Food Industry</b>	Chef, Head Chef, Wine Steward / Sommelier, Waiter, Head Waiter, Baker, Nutritionist, Food Science Technologist, Food Security Technician, Caterer, Butcher ...
<b>Design</b>	Graphic Designer, Interior Designer, Furniture Designer, Greeting Card Designer, Industrial Designer, Jewellery Designer, Fashion Designer, Cartoonist, Antique Collector / Salesperson, Window Dresser...
<b>Editorial &amp; Literary</b>	Writer, Editor, Publisher, Poet, Scriptwriter, Columnist, Critic, Blogger, Website Content Writer, Speechwriter...
<b>Emergency Services</b>	Fire Fighter, Ambulance Service Official, Paramedic
<b>Engineering</b>	Automotive Engineer, Biomedical Engineer, Chemical Engineer, Electrical Engineer, Environmental Engineer, Industrial Engineer, Telecommunications Specialist, Aeronautical Engineer, Marine Engineer, Materials Engineer, Draughtsperson...
<b>Environmental Sector</b>	Conservation/Environmental Protector, Waste Management, Auditor, Environmental Educator...
<b>Fashion &amp; Beauty</b>	Make-Up Artist, Fashion Designer, Model, Hairdresser, Dressmaker/Seamstress, Masseur, Beauty Therapist, Image Consultancy, Tattooing...
<b>Film &amp; Television &amp; Theatre</b>	Actor, Producer, Art Director, Editor, Writer, Special Effects Artist, Sound Technician, Lighting Technician, Media Designer, Multimedia Artist, Animator, Casting Director, Camera Operator ...
<b>Gardening and Landscaping</b>	Arborist, Gardener, Golf Course Worker, Lawn Care Worker, Chemical Applicator, Park Maintenance Worker, Tree Pruner, Florist, Landscape Architect, Floral Designer...
<b>Human Resources</b>	Recruiter, Training Co-ordinator, Trainer, Personnel Manager, Labour Relations Specialist...
<b>Humanities</b>	Archaeologist, Anthropologist, Literature Specialist, Historian, Philosopher, Religious, Lecturer/Professor, Secondary teacher, Researcher.....

# Domains & Jobs

Domains	Jobs
<b>Languages &amp; Culture</b>	Translator, Teacher Foreign Civil Service Official...
<b>Law</b>	Lawyer (Civil Rights, Corporate, Criminal, Labour, Family, International, Tax...), Legal Assistant, Judge, Mediator...
<b>Library &amp; Information Services /Museums</b>	Archivist, Curator, Museum Worker, Library Technician, Arts Manager, Art Exhibition Designer, Art Gallery Director...
<b>Logistics &amp; Transportation</b>	Bus Driver, Taxi Driver, Truck Driver, Ship's Captain, Delivery Person, Import & Export Specialist, Warehouse Person, Logistics Manager...
<b>Manufacturing &amp; Processing</b>	Food Processing Worker, Assembly Line Worker, Metal and Plastic Machine Worker, Agrifood Sector Worker...
<b>Marketing &amp; PR</b>	Market Researcher, Digital Marketing Specialist, Promoter, Marketing Executive, PR Officer, Media Buyer/Planner, Public Affairs Consultant, Retail Sales Person, Sales Representative...
<b>Mathematics</b>	Mathematician, Statistician, Operations Research Analyst, Building Modeller...
<b>Medical / Health Sciences / Healthcare</b>	Doctor, Nurse, Pharmacist, Dentist, Physiotherapist, Nutritionist, Dietician, Surgeon, Health Service Manager, Optometrist, Radiographer, Psychiatrist, Audiologist, Occupational Therapist, Osteopath, Medical Diagnostic Technician, Care Assistant, Nursing Home Assistant...
<b>Military / Police / Naval / Security</b>	Army Officer, Navy Officer, Air Corps Officer, Police Officer, Security Guard, Private Detective/Investigator, Security Escort, Bodyguard, Customs Officer, Prison Officer...
<b>Music Industry</b>	Musician, Singer, Sound Engineer, Sound Engineering Technician, Music Director, Record Producer, Composer, Dancer, Choreographer, Music Teacher, Dance Teacher...
<b>Physical Science</b>	Biologist, Physicist, Chemist, Astrophysicist, Biochemist, Biotechnologist, Pharmacologist, Geologist, Scientific Researcher, Research & Development (healthcare industry), Lecturer/Professor, Secondary teacher...
<b>Politics</b>	Legislative Affairs Specialist, , Public Relations Executive, Polling and Research Specialist, Lobbyist, Government Service Worker, Community Organiser / Worker, Public Policy Specialist, Event Planner, Internet Strategist...
<b>Psychology &amp; Speech Therapy</b>	Psychologist (Clinical, Counselling, Industrial/Organisational, School/Educational, Neuropsychology, Social/Community, Family, Law/Forensic...), Coach, Psychiatrist, Speech Therapist...
<b>Public Sector /Civil Service</b>	Manager in different administrations (local, regional, state...), Public Notary...
<b>Retail, Sales &amp; Customer Service</b>	Cashier, Retail Salesperson, Estate Agent, Property Salesperson, Sales Representative, Demonstrator / Product Promoter, Telemarketer, Customer Service Representative...
<b>Sports</b>	Fitness Monitor, Recreation Worker, Athlete, Sports Official, Adventure Sport Monitor, Aquatic Activity Monitor, Lifeguard, Senior Sport Animator, Sport Marketing Executive, Sport Events Manager, Physical Education Teacher, Coach, Sport Psychologist, Trainer, Sport Journalist, Sport Agent, ...
<b>Teaching &amp; Education / Training</b>	Preschool Teacher, Primary School Teacher, Special Education Teacher, Secondary School Teacher, Vocational Teacher, Adult Literacy Teacher, Professor, Corporate Trainer...
<b>Technical &amp; Craft</b>	Maintenance Worker, Electrician, Electronics, Mechanic, Boilermaker, Plumber, Pipefitter/Steamfitter, Elevator Installer/Repairer, Solderer...
<b>Travel &amp; Tourism/ Hospitality &amp; Leisure</b>	Event Manager, Travel Agent, Marketer, Hotel Worker, Waiter, Leisure Centre Worker, Hospitality Manager, Tour Operator, Arts Manager, Cruise Line Worker, Tour Guide, Visitor Information Counsellor, Wedding Planner, Event & Conference Organiser...
<b>Veterinary/Animal</b>	Veterinarian, Veterinary Nurse, Wildlife Biologist, Marine Biologist, Animal Carer Worker, Animal Trainer, Zoologist,...

All of the information contained herein emerged from our surveying of:

You + your Support Group of:  
MARY, TONY, CLAIRE, ELEANOR,

## Going further / Next steps

Above we point out broad career domains or directions that have emerged as possibilities and your main skills – if you would like to explore in further detail, we can arrange for a Career Specialist to facilitate that process. This would involve discussing the various domains that arise below, or any others you would like to discuss, and the Career Specialist would follow up with a written report of suggested colleges and courses.

The options for this meeting are listed in full here:

<https://slinuacareers.com/choice/>

Please call me if you wish to discuss.

# We are here to help you to find your way

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