PERSONAL IMPACT TOOLKIT

These resources will help you make the most of your time at the university by thinking about how you present and represent yourself at work.

THE CREDIBILITY CYCLE
This article looks at the links between reliability, responsibility and accountability and provides practical advice on how to master all three.
(3 mins)

BUILDING YOUR PROFILE
Build a strong profile at the University and beyond using these top tips.
(3 mins)

BUILDING YOUR PERSONAL BRAND
Develop your own personal brand with this handy infographic.
(5 mins)

ASSERTIVENESS SKILL BOOK
This interactive skill book will help you evaluate your assertiveness and practice assertive communication techniques.
(60 mins)

ASSESSING MY CONFIDENCE
This self-assessment will help you gauge your confidence and identify areas where could become more confident.
(10 mins)

CONFIDENCE HACKS
This animated video provides eight tips that will help you be more confident at work.
(3 mins)

YOUR PRESENTATION SKILLS
This quick and easy interactive self-assessment helps you measure the effectiveness of your presentation skills. You can also give it to colleagues for their feedback on your presentation technique.
(10 mins)

PERSONAL EFFECTIVENESS TIPS
Personal branding and career expert Dorie Clark shares research-based best practices to help you establish your credibility and identify your blind spots.
(2.5 hours)

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