

## Soft Skills (Interpersonal Skills)

Soft skills are a set of traits and abilities formed by habits and experiences. You use soft skills to communicate with everyone you encounter as you navigate your career journey. It's important to consider how you might demonstrate your soft skills during interviews.

### Soft Skills Examples

- Team player
- Adaptive
- Good communicator
- Good problem-solver
- Accountable
- Creative thinker

**Instructions:** In the table below, write your own list of soft skills and give examples of when/how you've used them.

Soft Skills	How do you demonstrate that you have this skill?
Example: <i>Good communicator</i>	<i>I give time for everyone to ask questions and I listen carefully to people. Sometimes I summarize what someone has said, and I repeat the information to be sure I am understanding them.</i>