

## “Skills Summary launched” video description

Aaron Connolly from SWAN tells us about skills he has gained from his youth work experience:

“My name is Aaron Connolly, I’m 19, going on 20, and I come from Sheriff Street in Dublin’s North Inner City.

Well, the skills I’ve gained, I’ve got a lot more confidence in doing drama and acting but that was around the time when I picked up the acoustic guitar with John, where I sat down with him and played a few chords and I fell in love with music. But, I have to say the other skills now I learned in here, I started doing photography as well cause the flats across the way were getting demolished around the end of 2017, so I thought it would be great to get pictures of those before they even touch them. And you interview people that actually live in the area and you get their background, I think that’s another skill I earned, talking to people and communication skills. ‘Cause you go back before I wasn’t really much of a talker that I am now, I’d be more quiet with people as well and I’d be socially anxious. I think this club took a lot of that away. I don’t know about anyone else, but definitely I would be lost without this place.

The Skills Summary, it does help you think about what you need to improve. It helps you with the nerves and like as well. ‘Cause you learn more about yourself the more you think about it. I think it’s important when you do the Skills Summary and the great thing about it is it’s not hard to do either.

There is no wrong or right answers and you are just saying what you think. You’re saying out straight what’s in your head and where you think you’re at and you are just being as honest as you can. And I think it is great it is there.

Whatever skill it is that you are answering, and you are just being totally honest, it will tell you, you need to work on this skill and have a good think about it! It is like mad when you think about the skills you learn, but then

again like the whole world is your classroom, and you'll always have a lot to learn and you'll always learn something every day."

Over 380,000 young people gain skills from participating in youth work and volunteering every year. Skills Summary helps to make sure these essential life skills are recognised.