So it's good to look at the job specification and then look at your own skill set and say, okay,

these are the skills that I have.

Can I transfer those to this particular industry?

And if you can, fantastic.

Brainstorm all the personal qualities that you have and the things that make you employable.

It's also good, maybe, to ask friends and family in terms of What am I good at?

You'll be surprised at what people say.

Well, the thing to remember as well is that transferable skills don't necessarily come from the work environment.

So they may come from schooling, skills that you've learned at university.

They may come from volunteering, you may have volunteered in the past.

So you can bring those skill sets to the table as well.