

THE BEST OF ME

Take some time to prepare a “set of instructions” on how to work with you. Use the following questions to give you some guidance.

What are some of your personality highlights that would be helpful for others to know?

How do you prefer to receive feedback?

In what type of work environment do you thrive?

How do you emotionally respond to stress? How do you behave under stress? What about extreme stress?

What brings you life?

What's the best way someone can show you appreciation?

How do you prefer to communicate?
(direct, indirect, etc.)

What things about yourself are you working on?

What else would be helpful for others to know about you?