

A Guide to Me

Hello, my name is:

I like to be called:

Please answer five of the following questions

1) What I'd like to contribute to this team/project:

2) What gives me energy at work:

[Example: I need time to reflect and the opportunity to take a couple of brain-breaks during the day. Feel free to challenge me at ping-pong!]

3) What drains me at work:

[Example: Too much critiquing and logical reasoning drains my energy / I'm an introvert, so working "in the open" is something I have to work hard at]

4) How I learn best:

[Example: Before starting off something, I like to have as much upfront details or context that I can read to get familiar. Although visuals help, I love having things explained to me in detail]

5) How I best receive feedback:

[Example: I'd rather have difficult conversations than things be unspoken or inauthentic, so just be straight with me]

6) Things people might misunderstand about me:

[Example: I'm not very expressive, so people can interpret that as grumpy or they find me hard to read. If I am not happy I will say, so otherwise assume I am fine!]

7) My favorite saying:

8) Beyond work, I'm really passionate about:

Sources:

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