

Manual of 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:
<i>[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!]</i>
3) What drains me at work:
<i>[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]</i>
4) How I learn best:
<i>[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]</i>

5) How I best receive feedback:
<i>[Example: I'd rather have difficult conversations than things be unspoken or inauthentic, so just be straight with me]</i>
6) Things people might misunderstand about me:
<i>[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!]</i>
7) My favorite saying:
8) Beyond work, I'm really passionate about:

Sources:

Adapted by Annina Helena Michel and Sierra Deutsch from Social Innovators Camp 2023 (joint initiative by UZH Innovation Hub & ZHdK Z-Kubator, Zürich, Schweiz). Inspired by: <https://www.manualof.me/> and [Atlassian](#)