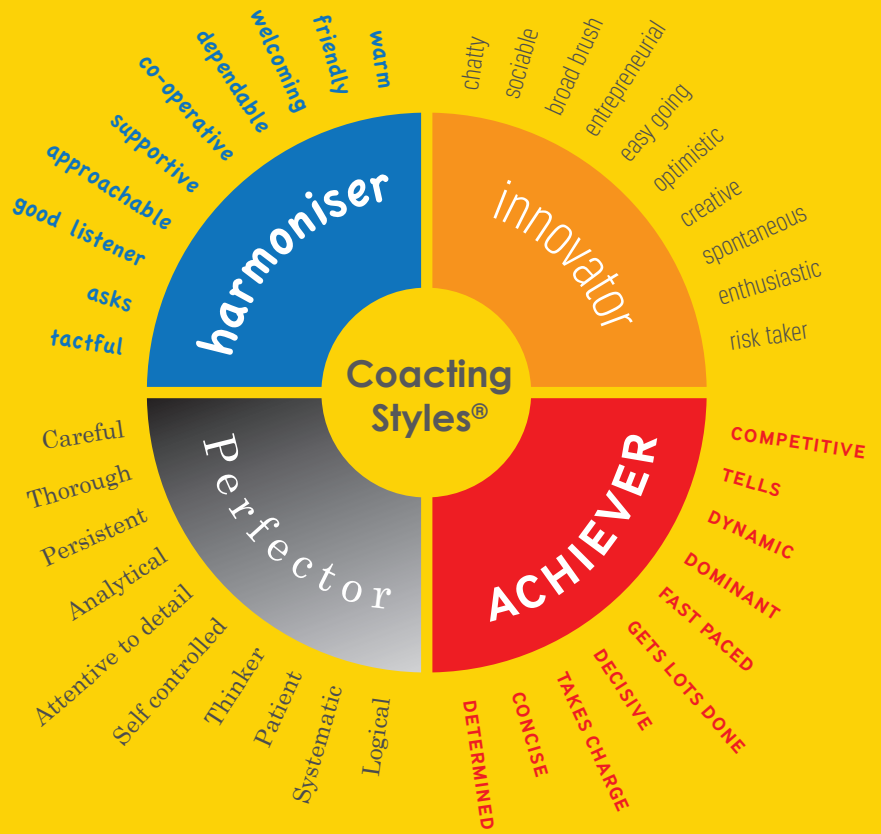


# What are you like at work?

COACTING means the way you relate to others at work.





What's your Coacting Style?

And the people you work with?



# Know yourself

What can you develop for more resilient relationships at work?

|   | Best impact                                      | Worst impact                                       | Development   |
|---|--|--|---|
|  <b>Harmoniser</b>    | friendly, approachable, considerate, warm        | takes things personally, hesitant, conflict averse | Get to the point more quickly. It's OK to disagree.               |
|  <b>Innovator</b>     | upbeat, energetic, loves new ideas, enthusiastic | outspoken, loud, impulsive, lacks substance        | Think before you speak. Respect deadlines.                        |
|  <b>Achiever</b>      | dynamic, gets things done, decisive, direct      | bossy, abrupt, impatient, my way is the right way  | Listen much more. Let others know what you appreciate about them. |
|  <b>Perfectionist</b> | thorough, problem solver, systematic, persistent | aloof, guarded, nit-picking                        | Show some enthusiasm. Be more flexible.                           |

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## My development from today

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## Intention for tomorrow

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