

SELF-COACHING EXERCISES

This self-coaching sheet aims to help you assess your individual ability to adapt to change.

Exercise 1: How would you describe your relation to time?

- Do you have enough time to be available for others?
- Are you constantly lacking time?
- Do you put your partners under pressure?
- Do you forget to set up deadlines when you delegate? If not, are your deadlines realistic and achievable?

Exercise 2: Generally speaking, what do you think of change?

- Are you often trying to bring it about?
- Are you feeling fed up with too much of it?
- Do you need a lot of time to adapt to certain types of events?
- Other thoughts?

You are presently subjected to a personal rhythm of evolution that is:

- Fast-paced
- Normal
- Slow-paced

This:

- Energizes you
- Satisfies you
- Frustrates you
- Wearies you

What conclusions do you draw from this?

Exercise 3: Self-assessment of your capacity to cope with change

The development of your individual capacity to cope with change thanks to the assessment and development of some of your characteristics and competencies (you can fill in the table below).

	Strong Points	Weak points	Tools / Means	Deadlines
Professional Competencies <ul style="list-style-type: none"> - Foreign languages - ITs - Knowledge of the product - ... - ... - ... - ... - ... 				
Personal characteristics <ul style="list-style-type: none"> - Leadership - Decision-making - Team spirit - ... - ... - ... - ... - ... - ... 				

Physical health - <i>Resistance to travel</i> - <i>Quality of sleeping</i> - ... - ... - ... - ... - ...				
Psychological health - <i>Level of stress</i> - <i>Autonomy</i> - ... - ... - ... - ... - ...				

Exercise 4: Synthesis of the self-assessment

What do you think would be your ideal personal rhythm compared to that of your professional environment?

- Is the evolution pace too fast or too slow?

- Given the above, what would you like to develop? Within which limit of time?

Exercise 5: Conclusion on the loss of managerial reference points

(We invite you to synthesize the perceptions you have been accumulating throughout the previous self-coaching sheets.)

- Are you aware of a discrepancy with your environment?

- What do you conclude from this?

- Do you also sense this loss of managerial reference points?

- If so, please:
 1. Specify the causes for this feeling

 2. Specify the duration of this feeling.

- Do you wish to stay in this environment and face the challenges linked to your project?

- Would you rather change your orientation? Is it getting too difficult?