

## **SELF-COACHING EXERCISES**

This self-coaching sheet aims to help you analyze your current professional environment. This step is important, as the assessed parameters will have a direct impact on your personal well-being and life balance.

**Exercise 1:** Describe in a few lines your perception of the economy in the world of today.

•	What do you think of globalization?

• What is your definition of performance?

• Do you seek it? Does it disturb you? Under what circumstances?

**Exercise 2:** Describe in a few words the feelings you have in relation to your present boss(es), if you do have one or more (this may be a Board of Directors, the Board of a foundation, an assembly of shareholders, etc.).



•	How do you assess their objectives? Are they realistic?
•	Do they stimulate you? Do they, in the contrary, hinder you?
•	Are you confronted with an environment that seeks to maximize results at all costs?
•	How do you experience it? Are you an actor, follower, opponent? Try to elaborate on this point



## **Exercise 3:** Dream a little and freely imagine your ideal socioeconomic environment.

Would you like to be the actor of a particular change?
<ul> <li>Which one? This could become a project you can try to set up by using the following Self-coaching sheets.</li> </ul>
N.B: Please be mindful to always mention at least one positive element within each assessment