

SELF-COACHING EXERCISES

This self-coaching sheet aims helping you determine the pace of development of your professional environment.

Exercise 1: What about the pace of development of your environment?

- Do you know the pace of development in your sector of activity?
- How do you feel about it?

Exercise 2: What is the nature of the changes you are presently experiencing?

- Are they professional, private, geographical? Make a list.
- Are they compatible with your values? Your ethics? Your aspirations?
- Can you cope with them?
- Are they realistically planned?
- Is it sometimes too tough? Under what circumstances?