

## SELF-COACHING EXERCISES

The aim of this self-coaching sheet is to help you endorse or strengthen your role as a project leader, as well as assess its feasibility in your professional context.

### Exercise 1

Do you feel in tune with this role of project leader? If yes, please gather the arguments that are in favor of it.

Is it possible for you to integrate this approach (i.e. project management) into your professional activity? If not, what would be needed? Who could help you to do so?

### Exercise 2

- How do you feel when you lead a project?
- Which professional criteria are necessary for your professional success? You can list them up.
- In relation to this list; where do you match requirements, and where are you confronted to your limits?
- Can you presently make use of what you offer?
- Are you over-solicited regarding your limits?
- What skills would you like to acquire or further develop? Outline an action plan.

### Exercise 3: Assess the counter-criteria of success that may affect you as a manager

- For which criteria do you think you may have to deal with an excess?
- List and illustrate your point, if possible, with situations you have experienced.
- Why do they bother you?
- What can you do to fix them?
  
- For which criteria do you think you may have to deal with a deficiency?
- List and illustrate your point, if possible, with situations you have experienced.
- Why do they bother you?
- What can you do to fix them?
  
- Try to synthesize your answers.