

SELF-COACHING EXERCISES

This self-coaching sheet aims to assist you in outlining your personal development plan.

Exercise 1: Prepare the outline of your personal development plan.

Refer to the Self-coaching sheet of the previous chapter.

- **How could you develop the criteria in blue?**
 1. Could you do it at work? If yes, through which activities?
 2. With whom could you talk about it? Within which deadlines?
 3. If you cannot develop them at work, where could you employ them? In an association? In your neighborhood? Who could advise you?
- **How could you develop the criteria in orange?**
 1. By doing an internship? By attending a lesson? Thanks to a coach?
 2. What deadline could you set for this?

Exercise 2

You can now design your personal action plan.

	Actions	Resources	Person in charge	Deadlines
Blue criteria (strengths)				
Orange criteria (limits)				