

Understanding the Wholeness of Other People

01

Think about a person you work with closely and that you struggle working with in some aspect, e.g. you find it difficult to communicate effectively with them. It could be a work colleague, manager, a team member, client.

02

Step through the Self-at-Work Core Elements and consider what you know about them. **Remember**, you will never *know* about someone else, you're just trying to reflect on *your perception of them* so that you might be able to work more effectively with them.

Consider their 10 Self-at Work Core Elements...

DRIVERS

- Motivators
- Values
- Passions & interests
- Future state desires

RESOURCES

- Strengths
- Learning Styles
- Working styles
- Weaknesses &/or areas for development

PATTERNS

- Triggers & patterns of behaviour
- Communication defaults or preferences

Anything else you can think of? *E.g. their history & past experiences*

03

Think about something you could try to do differently, to see if you change your behaviour if it has any impact on your working relationship and work outcomes.

I'm going to try...