

Exercise

Other people's perception of you

A good way to boost your self-awareness is to hear how other people perceive you. For that reason, you will now interview at least three people from different situations in your life. They may be a current or a former colleague, a friend or a teacher, for example. All people who know you, but in different ways!

If you are able to meet up in person to ask the questions then this is preferable – it will make it easier for you to ask follow-up questions.

Interview no. 1 with:

If you were to describe me in three words, what three words would you use?

Can you name three strengths of mine?

Can you name three qualities/areas where I have room for improvement?

Interview no. 2 with:

If you were to describe me in three words, what three words would you use?

Can you name three strengths of mine?

Can you name three qualities/areas where I have room for improvement?

Interview no. 3 with:

If you were to describe me in three words, what three words would you use?

Can you name three strengths of mine?

Can you name three qualities/areas where I have room for improvement?

Summarise the feedback you have received.

Are there any attributes/qualities that are similar across all the answers? What are they?

Are there any areas for improvement that you want to continue developing? What are they? How will you go about developing them?