

Exercise 3: Ask a friend, colleague or manager

To increase your self-awareness, it helps to find out how others perceive you. Therefore you need to perform interviews with some friends, colleagues or managers.

a) Interview with:

Please describe me in three words:

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Can you mention three personal strengths that I possess?

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Can you mention three traits I need to develop?

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b) Interview with:

Please describe me in three words:

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Can you mention three personal strengths that I possess?

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Can you mention three traits I need to develop?

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