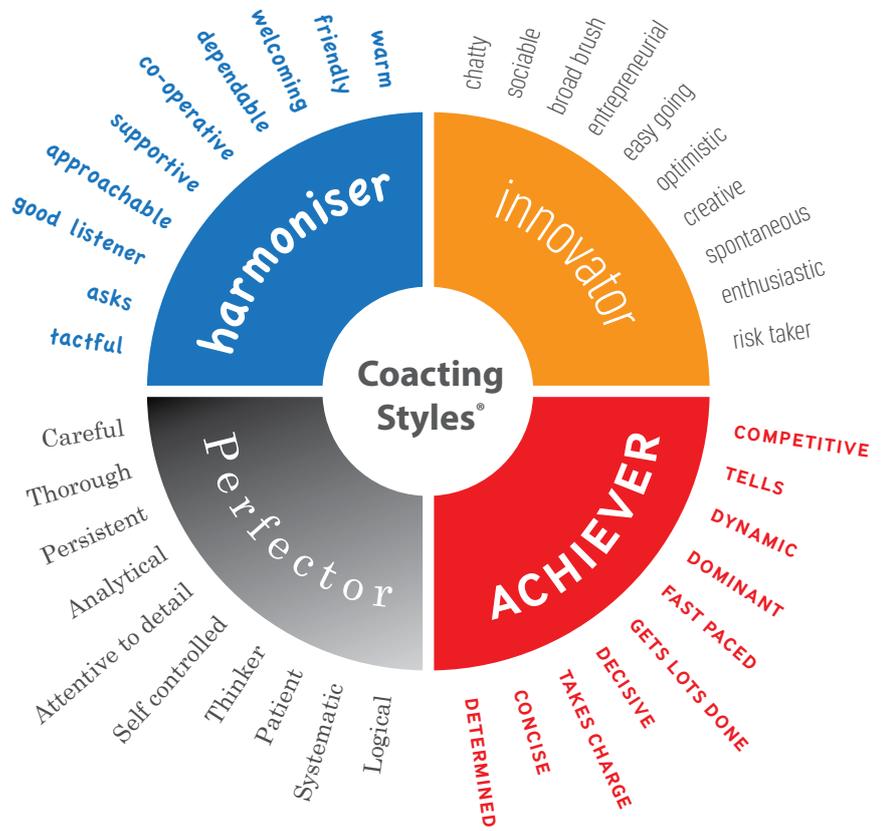


# What are you like at work?

COACTING means the way you relate to others at work.

What's your Coacting Style?

And the people you work with?



# Know yourself

What can you develop for more resilient relationships at work?

	Best impact	Worst impact	Development
 <b>Harmoniser</b>	friendly, approachable, considerate, warm	takes things personally, hesitant, conflict averse	Get to the point more quickly. It's OK to disagree.
 <b>Innovator</b>	upbeat, energetic, loves new ideas, enthusiastic	outspoken, loud, impulsive, lacks substance	Think before you speak. Respect deadlines.
 <b>Achiever</b>	dynamic, gets things done, decisive, direct	bossy, abrupt, impatient, my way is the right way	Listen much more. Let others know what you appreciate about them.
 <b>Perfectionist</b>	thorough, problem solver, systematic, persistent	aloof, guarded, nit-picking	Show some enthusiasm. Be more flexible.

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**My development from today**

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**Intention for tomorrow**

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