

## Work sheet – individual preferences

### *How do I prefer to communicate, work, solve problems and be supported?*

Please answer the questions below for yourself (5 minutes). Then share with your small group members.

Name: \_\_\_\_\_

#### **COMMUNICATION:**

What I'd say about my communication style:

Generally I prefer.... BECAUSE:

- Text \_\_\_\_\_
- Email \_\_\_\_\_
- F2F \_\_\_\_\_

#### **WORK**

This is how I'd describe my work style...

#### **SOLVING PROBLEMS:**

This is my typical problem solving approach ...

#### **SUPPORT**

This is how I like to be supported to grow my team and my leadership...