

## A Little About Me

Creating a rewarding work life—where everyone feels supported—requires each person on the team to see past the “what I do” to “who I am.”

Cultivate an awareness and understanding of what is most important to you and your colleagues by allowing others to see your true self. Be purposeful and bring your whole self to work with all your gifts and skills. Be comfortable letting your clients and colleagues see the wonderful--authentic you. Use this tool to get to know each other better and to acknowledge your own individuals likes and loves.

- What inspires me most is...

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- Most memorable vacation I ever took was...

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- How I enjoy my leisure time is...

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- My favorite food dish is...because...

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- My proudest accomplishment is...

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- My top three values are...

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- My family's and pet's names are...

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- The hometown I grew up in was...

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- What I liked most about it was...

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- What I love most about my life is...

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- One thing that pushes my buttons is...

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- The best compliment I ever got was...

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- I strongly believe that...

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- My favorite movie is...

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- Something you don't know about me is...

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**Resource:** *Compendium12* by Olivia McIvor