

Strengths & PREFERENCES

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My Personality Preferences



[complete a free 16 personality factors test here](#)

My Strengths



[complete a free strengths test here](#)

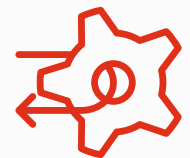
Stressors & SETBACKS

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My Stress Triggers



Setbacks



Stoic LEADERSHIP

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What I can influence

What I can control

Of concern but out of my control
and influence

Leadership JOURNEY

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Experiences that shaped me

My low points or challenges

Where have I found the most success?

My proudest achievement

My values & principles

My aspirations:

My development needs:

Things I love

Things I need

Other things about me

Personal USER MANUAL

The best way to give me feedback is.....

What I don't have patience for.....

When I am stressed I tend to.....

What people misunderstand about
me.....

The best way to communicate with me is.....

My preferred style of working.....

The worst way to communicate with me is.....

How to help me.....

What my team, peers and manager need to know about me