

Who Am I at Work?

Why do we do these?

- High performing teams know how each other works best, what challenges them and where they need help. In order for us to get deeper in our working relationships we need to really dig deep into who we are at work.
- We cannot be all things at all time, nor are we all strong in all areas. These slides help us not only reflect on who we are as professionals but also gives us insight into why our colleagues do what they do the way that they do it.
- This also helps provide context for who we are. This helps us avoid misreading someone (i.e. someone who processes externally thinking someone who processes internally doesn't care because they aren't speaking up)

What should I include?

Include any, all, more, or none of the questions below to help you write your slide. The following prompts are simply meant to help guide your thought process.

- What are those things you consider must-haves at work?
- What are some of your work-related values? (sustainability, hard-work, balance, learning, sharing, challenge, conflict, etc.)
- What energizes you? What drains you?
- How do you prefer to process information?
 - Do you need time to mull things over before you can respond?
 - Do you process out loud or internally?
- What are your work-related pet peeves?
 - Is it someone who doesn't respond to email within 48 hours?
 - Showing up late to meetings?
 - Going over time with meetings?
 - Someone who asks for too much detail at first? Or someone who offers too little detail?
- Do you typically send out first-drafts or polished-projects when you ask for feedback?
- How do you prefer to be recognized?
- How do you prefer to receive feedback?
- How do react to and handle conflict amongst colleagues?
- Are there any quirks that could come out in the office or impact your work?
- What are those areas that you would like to be challenged in?
- Are there things you do that can bother other people? (It's best to get those out there early on)