



Career Development | 10 Minute Tools

More About Me



1

2

Our ability to understand each other helps to build stronger relationships at work.

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4

The strength of our relationships at work has a big impact on how positive we feel about our job and how impactful we are in our roles.

Without this understanding we can lose a sense of connection and work can feel transactional. Sharing more about each other helps the bonds of belonging to be built. This exercise is a helpful starting place for teams to share more about themselves.





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words that
describe me

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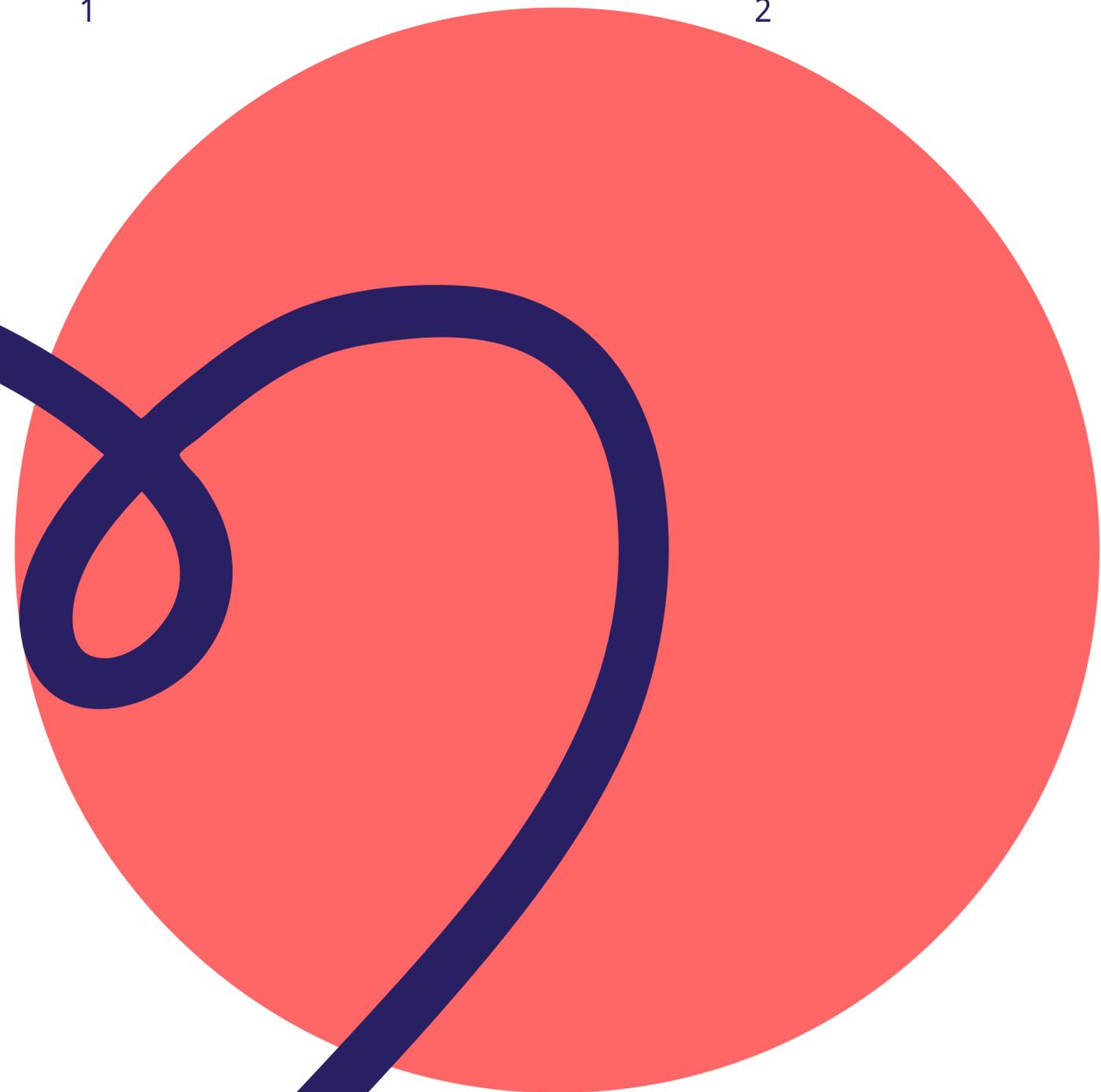


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I work best when...

Skills I bring to the team are...

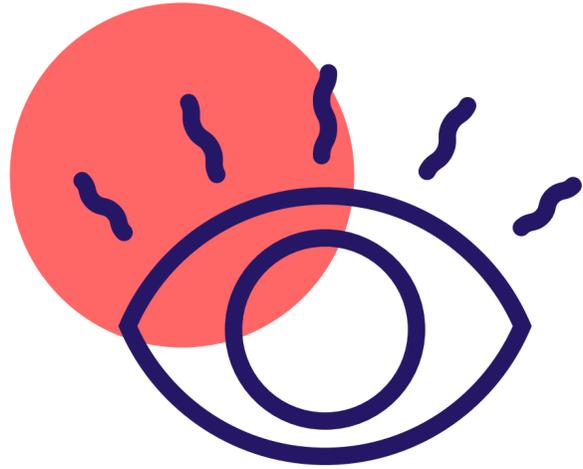
Come to me if you need help with...

One thing I'd love some help with...

One piece of career advice I've found helpful...



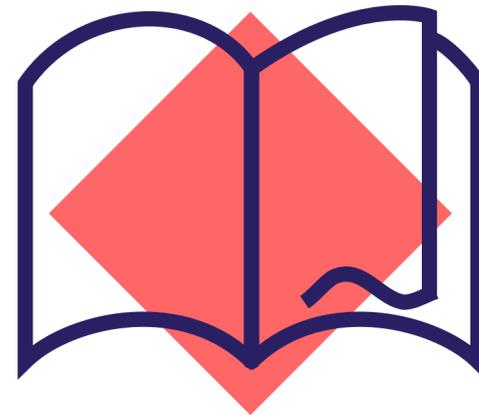
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Bring Your Whole Self To Work, Mike Robins



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The Start Up Of You, Reid Hoffman & Ben Casnocha



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Squiggly Careers Podcast Episode #42: How Knowing Your Values Unlocks Career Happiness



