

User Manual for:



Complete as much of this as you feel comfortable then share it with your team-mates or colleagues to improve your understanding of one another and enhance your teamwork

Nickname:



Me Inside of Work:

I love doing this stuff...

I'm pretty good at...

I'd like to try - or get better at...

I really don't like these bits of my job...

When I'm stressed you might see me...

My personality profile is...

Other jobs I've done...



Me Outside of Work:

My core values are...

My hobbies include...

People, products, music, sports, brands, I like...

Things I would put into 'Room 101'...

Other people say this about me...

If I ruled the world, one change I would make is...

If I could change one thing about me it would be:



Add Photo Here



My Preferences:

How I like to receive feedback...

If you want to say sorry or cheer me up...

If you want to speak to me try this first...

I do my best work when...

My core working hours are...

Some sayings I try to live by...

