

SELF-AWARENESS IN WORKING LIFE

1) Think about your personal story and answer these questions:

- Think about the last time you laughed at work. How did it feel? How did it impact your interactions?
- Think about the last you felt helpless at work. Did the others sense your mood? How did it impact your work and communication?
- Think about the last time you felt satisfaction at work with your results. How did it affect your work motivation and the interactions with your colleagues?
- Think about the last time you felt angry at work. Why were you angry? How did it affect the interaction with your colleagues?
- Think about the last time you felt proud of your work and colleagues. How did that pride impact your colleagues and your work motivation?
- Think about the last time you felt disappointed in your work and colleagues. How did that disappointment affect your colleagues and your work motivation?

2) In thinking about these situations above, make a list of 5 qualities or strengths and weaknesses you have. Then write beside each quality/strength/weakness:

- Why is it helpful in the workplace?
- How might others perceive this quality?
- When does this quality normally help you or your colleagues?
- Are there any specific strengths that could help you to develop and turn weaknesses into strengths?
- What behaviors or actions should you take to work on your weaknesses?
- Who or what could help you?

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