

# \_\_\_\_\_’s Manual of Me.

I last updated this on: \_\_\_\_\_

Hello, I’d describe myself as ...

I do my very best work when ...

My current working patterns are ...

I prefer communicating in these ways ...

When receiving feedback, it's important that ...

When I’m stressed, the best way to support me is ...

These are some things going on outside of work which are useful and helpful for to you to know ...

Others say that I’m ...

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**A Manual of Me** is a tool to help you discover and communicate how you work best with others.

**Create your own** with many more questions, coaching exercises, guides and community support at [www.manualof.me](http://www.manualof.me)

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#### Hints to help you complete this

1. Don’t rush - take some time to think about your answers
2. Be honest - don’t describe the person you want to be, but the person you are
3. Ask others - get input from the people around you
4. Keep it fresh - return to your manual and see if things have changed.