

Common Colleagues

Using your calendar, diary or emails - look back over the past six months, and note down who you've most commonly worked with.

Are there any patterns? Do you happen to work with some people more frequently than others? Are there people who perhaps you seek out actively to ask for help or support? Are there people you avoid?

Once you have a list, try and write down the commonalities or traits of the people you like to work with. What is it about those individuals which you find supportive? Perhaps you'll find a list of traits which you work best alongside.

Name	Attributes