

Handout 1.1: Discuss a time I was...

Feeling confident	Feeling unconfident
Briefly describe the situation or the event	Briefly describe the situation or the event
What factors influenced my feeling confident?	What factors influenced my feeling unconfident?

Handout 1.2: What have I achieved, so far?

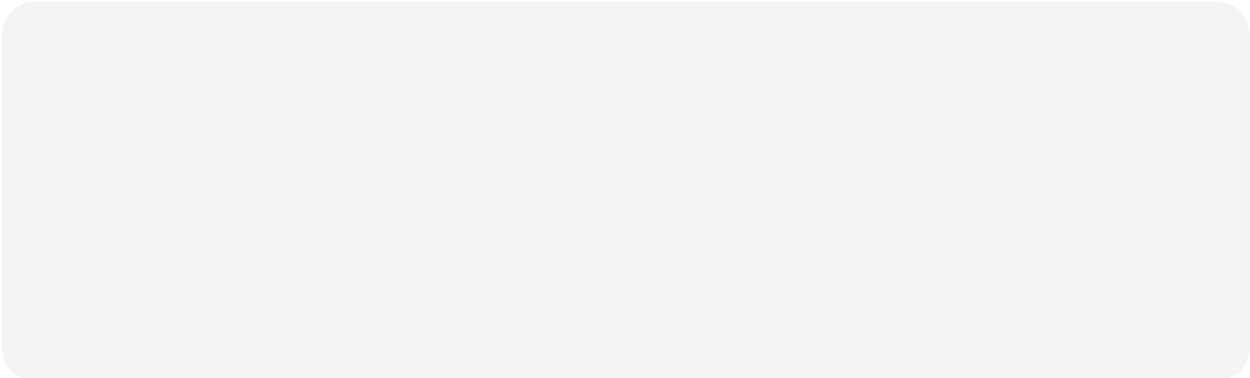
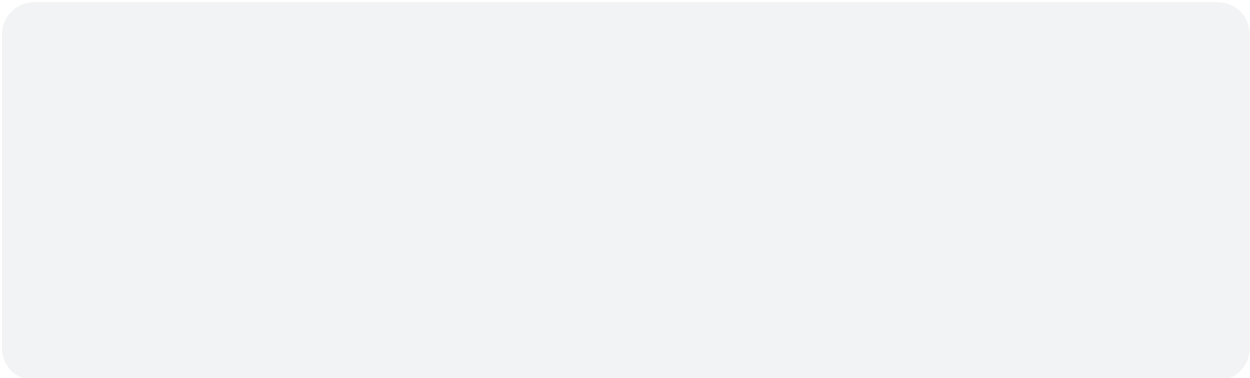
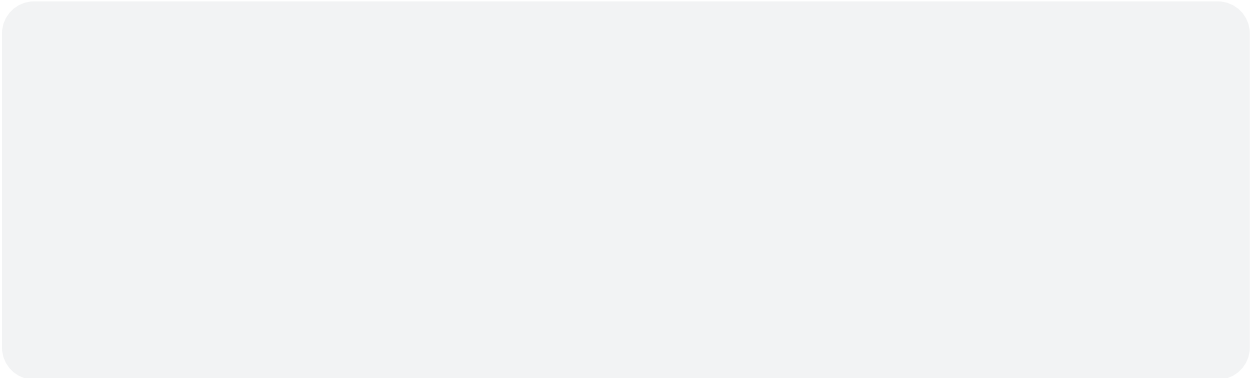
Make a list of all your most important achievements.

This can include anything you consider an achievement – exams passed, qualifications gained, courses attended, skills mastered, knowledge gleaned. It might also include difficult tasks completed, people's needs attended to, problems or puzzles solved, challenges accepted.

Handout 1.3: Three challenges

Sometimes we can learn more about ourselves when we are under stress than we can when everything is running smoothly. Below you are asked to write some notes about times in your career when you had to face difficulties or challenges of some sort.

These do not have to be challenges that you have fully overcome. They may be things that continue to challenge you to this day.



Handout 1.4: A good leader I have known

This will be somebody you have known at work. An 'everyday' leader, not a 'great' man or woman.

Their initials

Their official position

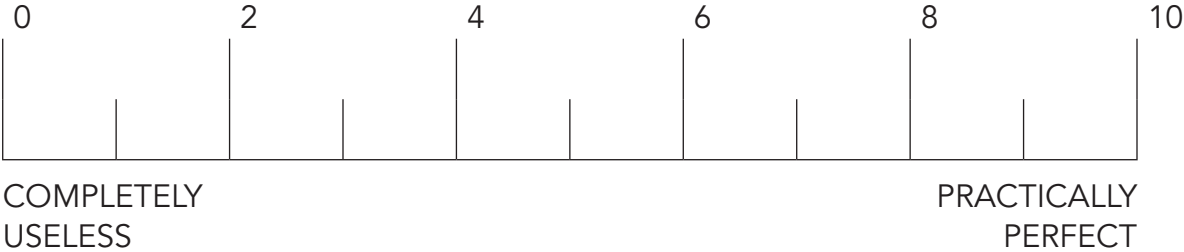
What did this person do or say to make them a good leader?

What did you learn from this person?

How would you apply what you have learned in your practice?

Handout 1.5: How am I so wonderful?

1. Assign yourself a score as a professional on the scale below.



2. Discuss with a colleague all the reasons why you are so good as the score that you have given yourself. What is it about you that gives you this score? What talents, knowledge and skills do you have, what do you do that makes you this score rather than a score one or two points below it? List all these attributes below.