

# Personal Working Styles Template

Date: \_\_\_\_\_ Your Name: \_\_\_\_\_

**1. It is important to me when I perform a job that:**

*How you can best support me:*

**2. I prefer to communicate in the following ways:**

*How you can best support me:*

**3. Things that stress me out:**

--

*How you can best support me:*

--

**4. Things that give me energy and/or motivate me:**

--

*How you can best support me:*

--

**5. My 'hot buttons' are:**

--

*How you can best support me:*

--

**6. You will know I am frustrated when:**

*How you can best support me:*

**7. You will know I am happy when:**

*How you can best support me:*

8. Other things that might be helpful to know about me:

9. My strengths:

10. Things I am working on or would like to improve: