

GENERAL INTRODUCTION - HANDOUT 2

ASSESSING MY RELATIONSHIPS

1. **List relevant relationships in your life** (e.g. superiors, direct reports, colleagues, associates...)
 - a.
 - b.
 - c.
 - d.
 - e.

2. **Identify the ones which will be your focus of development during this module**
 Think of concrete situations and include general notes. A numerical assessment (score over 10 for example) might help in some cases. This reflection will be helpful for the next sections as well.

Name	Nature of relationship	Assessing the Relationship <i>What is going well? What could be improved?</i>		Desired outcomes from this relation
		How would you assess it?	How would they assess it?	
e.g. James	Professional Relationship / Possible Client	Respect, not very solid, needs more trust	Respect, interest, he sees me in a good light, he would like me to prove myself	Clarify the nature of our cooperation. Have mutual trust.

3. **Collect the ideas and feelings that come to your mind as you are doing the exercise.**

4. **What is one practical step you can take to build on this reflection?**