

TRAITS

Are you trying to **be perfect** or to **please people**? In a **hurry** to finish a task? **Trying hard**? Trying to **be strong**?

- Do you recognise parts of yourself in any of these trait types?
- How do you know that you have these traits?
- Would others agree?
- Which of the traits do you recognise in colleagues?
- How could you adapt the way you work to meet different needs?
- How might this affect your role?

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Traits are habits – long-established patterns of behaviour that have built up over time and of which we may be unaware. As you develop and grow you will explore some of these behaviours and reflect on those that are helpful when you are coaching others and those that may get in the way.

At a much deeper level you may begin to glimpse an understanding of why we do what we do and begin to understand more about our drivers of behaviour, or our motives.