



Develop your user manual – and share it with the team/people you frequently collaborate with. Prepare the answers to the following questions:

1. Which temperaments are my strongest - and weakest? If you are familiar with the knowledge about “the colours” this is the information you should share here.
2. What are my strengths? That is, what tasks do I find easy and/or give me energy? Based on my strongest colour?
3. What am I aware of can be a challenge for others when they collaborate with me? Based on my temperaments/strongest colours?
4. What do I appreciate when we have meetings or work together? Choose between things like (what is most important for you) e.g:
 - That we have a light-hearted tone, laugh and have fun together?
 - That we are efficient and always stay to the agenda?
 - That we work fast?
 - That everyone is prepared?
5. What do I not appreciate when we have meetings?
(e.g that there will be too much nonsense and flames? That we interrupt each other? Other things?)
6. What do I need from others to really come into my own motivation, and be able to perform my best? (e.g be left alone, to get clearer instructions, that someone asks how I´m doing....)
7. What do I not need? (e.g that you ask how I´m doing all the time, peptalk when I struggle with something, help when I haven´t asked for it...)

Walk the team around and listen to each other. Make a note of what you need to remember. Try to meet half-way more often.

Good luck!

Annika



Hamilton Group

Vasagatan 7, 111 20 Stockholm

Tel. 070 8684568 info@hamiltongroup.se www.hamiltongroup.se