

B) Professional section – my working environment

1 2 3 4 5 6 7

1. My work is important for the company
2. I receive positive feedback from
 - my colleagues at work
 - customers
 - my line manager
3. I have considerable autonomy in my choice of responsibilities
4. I have considerable autonomy in the way I perform my responsibilities
5. My environment has a positive effect on my work
6. I enjoy considerable influence
7. I receive all decisive information
8. I am satisfied with the pay I receive for my work

C) Private section – myself

1 2 3 4 5 6 7

1. I experience considerable satisfaction in my life
2. I pay good attention to my physical health
3. I look after my psychological well-being
4. I respect myself
5. I pursue my personal objectives
6. I have enough time and energy for myself
7. I reward myself for my performances
8. I am able to trust myself

D) Private section – social environment

1 2 3 4 5 6 7

1. I have a sense of being recognised and valued
2. My partnership is fulfilling
3. I find my friendships fulfilling

- 4. I know the people who are close to me well □□□□□□□□
- 5. The people who are close to me know me well □□□□□□□□
- 6. I experience a satisfying sexuality □□□□□□□□
- 7. I receive considerable stimulation from the people who are important to me □□□□□□□□
- 8. I devote enough time to my private relationships □□□□□□□□

E) I would like

Note down three things which you would very much like to give or allow yourself

| | |
|----|--|
| 1. | |
| 2. | |
| 3. | |

- If you would like to take further steps to develop your capabilities, then contact us for more information using the [Contact Form](#).
- For a detailed analysis and a concrete plan of action, contact us directly to arrange an **introductory coaching meeting**.
- An **outdoor event** will also improve your understanding of your capabilities through experience-oriented means. Please contact us for more information.
- The Infoart **further training programme** also includes customised in-depth options.