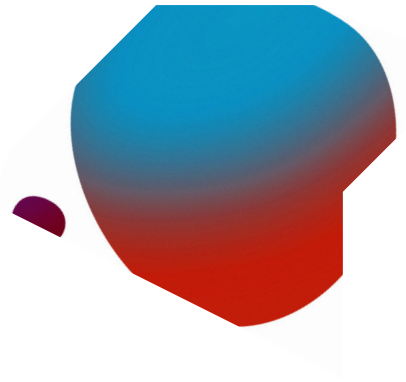


CHANGES IN BEHAVIOUR



Date:.....

a. Which changes in behaviour would you like to actively integrate for yourself and/or your team?

How important is this change, ranging from 1 to 10?
1 is less important, 10 is most important.

Personally.....

Team

b. Why do you want to change this behaviour, have more tools and increased ability to change?

Personally.....

Team

c. What benefits (pleasures/gain) could you or your team get from this change in behaviour?

Personally.....

Team

d. What challenges (pain/negativity/discomfort) could this change create?

Personally.....

Team

e. Why have you/your team yet not made this change? What is missing? What kind of support would make changes easier?

Personally.....

Team

f. What behaviour do you wish to create or reinforce for yourself or your team?

Personally.....

Team

g. What are you aware of today when it comes to tools, attitudes, states of mind etc that you do not use?

Personally.....

Team

h. In what situation(s) would you see a direct effect on your team and yourself on the topic of this training?
Please be specific.

.....
.....

i. Describe your willingness to invest what is needed to develop this work, for example dealing with new tools and abilities. What about time? What would be a concrete result of something having changed?

Personally.....

.....

Team

.....

j. How will you/your team start doing the work? How will you prepare? Date/Frequency/ Duration. Where?
What tools?

.....
.....

k. Which attitude(s) will you use during the work with changing behaviour?

.....
.....

Good luck!