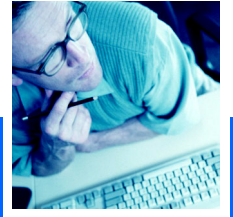


## Who are you? – personal workbook

By Kate Cobb



### Synopsis

Are you interested to find out more about who you are? Do you want to feel in control of your life? Do you like the idea of work/life balance but don't know where to start? Then this workbook and its exercises will assist you in thinking more about the person you are and the person you want to be. It will give you a good start in planning the rest of your life!

### How to ...

How to become self-aware.

How to develop high self-esteem.

How to write your action plan for improvement.

### Kate Cobb

Kate Cobb is an experienced training consultant working internationally with public, private and not-for-profit organizations. A previous senior manager herself, her specialisms include management, leadership, personal development, communication and team working. She coaches senior executives and is also an author of training publications on a variety of topics aimed at managers and trainers. Kate lives in the South of France.

### Introduction

Do you know who you are? Are you happy with who you are? Does your current life experience measure up to the expectations you had of yourself when you were younger? Why do you *need* to know? How can you manage yourself and your life when you don't really know what you want? How can you effectively manage *others* when you don't know yourself?

The purpose of this workbook is to assist you in coming up with the answers to these questions. You will be presented with a series of tasks or exercises to work through at your own speed. You may not want to spend too much time on them. Or you may feel it is important to invest some time now to work out consciously the type of life you want. Some exercises will have a suggested time element anyway to guide you.

### Getting clear on who you are now

Few of us are one hundred percent satisfied with every aspect of our lives, but do not always know what we want to change either. Awareness is the first step in the creative process. When you are self aware, you can understand why you feel what you feel and why you behave the way you behave. That understanding then gives you the opportunity and freedom to change those things you'd like to