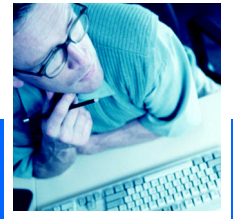


Who are you?

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? This article will assist you in thinking more about the person you are and the person you want to be. Then, as a rounded human being, you can be a more effective manager.

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? Why do you *need* to know? What business is it of mine to ask? Good question – in fact they are *all* good questions. And, here are some more – 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?

Think about your response to these questions for a few seconds and you will see that this is not some sort of psycho-babble but sound management thinking. This article will assist you in exploring these issues for yourself so that you are better placed to manage those around you and create the life you want.

It all begins with awareness

How many of us are one hundred percent satisfied with every aspect of our lives? Probably very few. But we could be if we only made a little effort and that effort involves working out consciously the type of life we want.

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