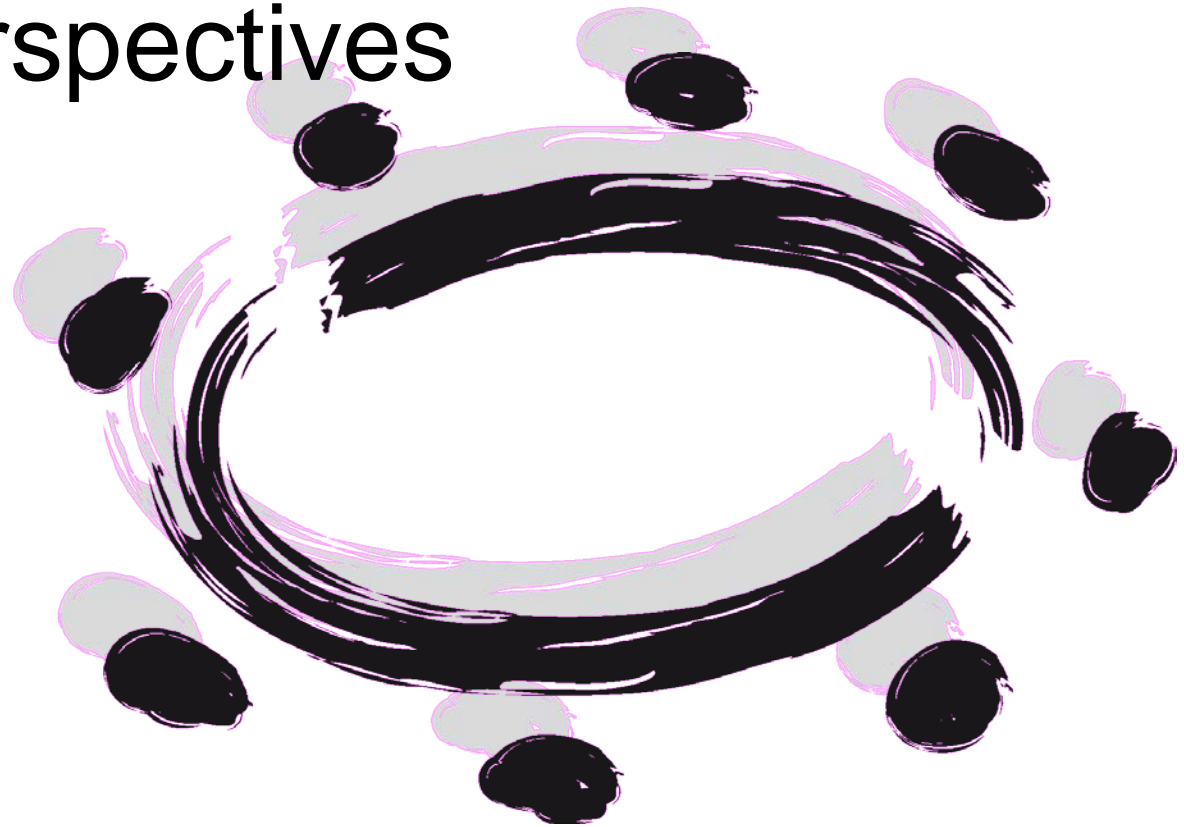


Five Minutes Exercise

Changing perspectives

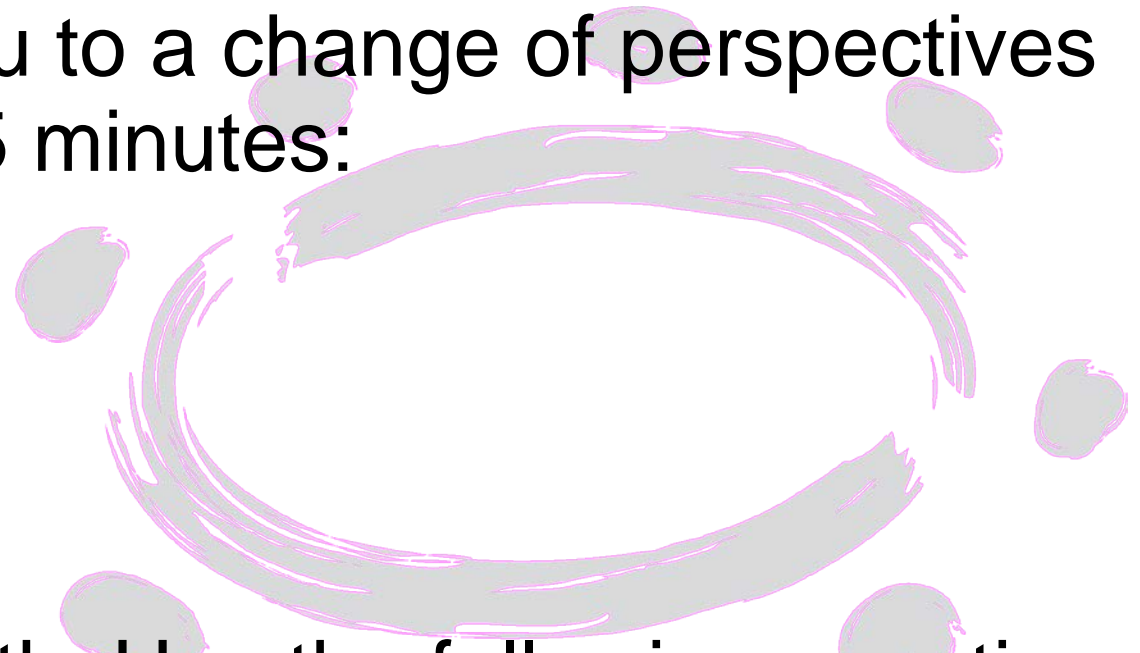


Change of perspectives

Have you been the situation of feeling anger coming up in a phone conference or within a face to face discussion within your team?
How was your reaction after the phone call?

Change of perspectives

I want to invite you to a change of perspectives for the coming 5 minutes:



Take a deep breath. Use the following questions to step into the shoes of your colleague just for the next 5 minutes:

Change of perspectives

- What do you know about him?
- What is his cultural background?
- What is his job experience and educational background?
- How is his family situation?
- What are his strengths and weaknesses?
- What are his goals his strategy his objective settings?
- What are his priorities?
- How does he feel as a member of the team?
- What is his role inside the team?
- Does he feel heard and respected inside the team?

Change of perspectives

Now step back into your own shoes. What has changed for you?

Go a step back and have a look at you common targets.

Next time you meet your colleague think about asking him/her: What is your target? What is the benefit with your point? What do you want to achieve? What do you mean more specifically?

Thank you...

... for discovering experience with this exercise. I highly appreciate receiving your Feedback.



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