

# Feedbackworksheet

With this worksheet I would appreciate your feedback about myself and my soft skills. There is a similar worksheet available for me which I can use for my self-reflection process. Your honest and detailed answers will help me to get to know myself better by comparing your statements with mine. Thank you!

## Introduction: I have skills and strengths!

Questions on how you see me in general (please fill in the blank boxes):

1) In which situations have you seen me do something with passion? When was that?

2) These are the tasks I like to take on when we do something together:

3) Which 5 character traits do you associate with me? Please also note some examples where you observed these traits:

4) On what subjects or matters would you ask me for advice?:

5) What do you appreciate about me?:



## Getting closer: Top ten soft skills



These are the Top 10 soft skills you think I possess (please select 10 out of the following list):

### Self-awareness:

- Self-reflection  Self-control  Ethics

### Adaptability:

- Critical reflection  Resilience  Flexibility

### Initiative:

- Courage  Self-belief  Problem solving

### Curiosity:

- Observation  Questioning  Information sourcing

### Creativity:

- Imagination  Originality  Idea generation

### Sense making:

- Pattern recognition  Analysis  Opportunity recognition

### Holistic thinking:

- Strategic thinking  Logical thinking  Judgement

### Communication:

- Storytelling  Motivating others  Listening

### Collaboration:

- Team work  Empathy  Conflict management



## Almost there: This is how soft skills showed up in my life!

Have a closer look at my personal and/or professional life. Please select at least 5 out of the 9 soft skills, find an example of my soft skill and explain how it became visible in a certain situation or activity.



(9 soft skills to select from: Self-awareness, Adaptability, Initiative, Curiosity, Creativity, Sense making, Holistic thinking, Communication, Collaboration)

Soft Skill	<u>This is what I did (situation, activity):</u>	This is how my soft skills became visible in this situation or activity:
Example: Holistic thinking	<i>Volunteering in local fire brigade</i>	<i>Fire service requires a lot of knowledge which I need to combine in every new case depending on the situation</i>



## Finally: My personal goals



Questions about my professional goals:

1) What would you wish for the next 5 years of my life?:

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2) What have I always talked about but never put into practice?

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3) This is probably my next vocational goal:

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4) These could be my next steps to achieve my next vocational goal:

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5) These soft skills can be helpful to achieve my next vocational goal:

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