

TIP SHEET: DEALING WITH CHANGE SELF-ASSESSMENT

What skills and strengths do you have? What talents do you bring to your team? Where areas do you need to improve? Understanding your own strengths and areas for development and knowing as much as you can about a new situation and expectations will make it easier to cope with change. Before you begin this activity, think about your primary job duties and responsibilities. Then, answer the following questions:

WHAT ARE YOUR GREATEST STRENGTHS?

WHAT TALENTS DO YOU BRING TO YOUR TEAM?

WHAT ARE SOME AREAS IN WHICH YOU WILL CONTINUE TO DEVELOP?

WHAT WILL YOU DO TO DEVELOP IN THESE AREAS TO REACH YOUR GOALS?