

# Knowing Me The Helper 🤝

“Let’s support each other!”



ME, MY TEAM, MY COMPANY

Worksheet



# How to use this worksheet with your team



## For Team Leaders planning a workshop:

1. Download and print the "Knowing Me" worksheets for your team.
2. Introduce the activity, explaining that the aim is to delve deeper into each person's work personality to promote understanding.
3. Ask each participant to reflect on their unique qualities.
4. Have everyone fill in the worksheet.
5. When everyone is done, facilitate a sharing session.

This is a fantastic opportunity to understand each other better and foster a more cohesive work environment.

## For individuals completing this worksheet:

1. Be yourself. You are adding your own colour to this canvas.
2. Reflect on your work personality.
3. Be unapologetic in crossing out the examples that do not resonate with you, and add your responses in the space provided.
4. Once done, be ready to share your insights with the team.

**Knowing Me: The Helper** 🧡

	These are examples are a starting point. Cross out the ones that don't resonate with you.	Make this worksheet all about you. Add your own responses in the spaces below.
<b>My contributions to a team</b>	<ul style="list-style-type: none"> <li>• Offer support and promote team harmony.</li> <li>• Help quietly, without seeking recognition.</li> <li>• Understand emotions, improving team cohesion.</li> </ul>	
<b>What I tend to overdo</b>	<ul style="list-style-type: none"> <li>• Avoid conflict to maintain harmony.</li> <li>• Prioritise relationships over task completion.</li> <li>• Avoid sharing opinions to keep the peace.</li> </ul>	
<b>What I might overlook</b>	<ul style="list-style-type: none"> <li>• Data-driven decision-making.</li> <li>• Growth through difficult conversations.</li> <li>• Self-assertion and setting personal boundaries.</li> </ul>	
<b>What I need to be at my best</b>	<ul style="list-style-type: none"> <li>• A collaborative, team-oriented environment.</li> <li>• Time to reflect on interpersonal decisions.</li> <li>• Alignment with personal values and ethics.</li> </ul>	
<b>What others do that can annoy me</b>	<ul style="list-style-type: none"> <li>• Isolate me from group activities.</li> <li>• Ignore team morale.</li> <li>• Push for conflict or aggression without consideration.</li> </ul>	
<b>What I typically look like under stress or pressure</b>	<ul style="list-style-type: none"> <li>• Withdraw emotionally or become overly accommodating.</li> <li>• Over-focus on pleasing others.</li> <li>• Avoid making decisions to prevent conflict.</li> </ul>	
<b>How I tend to deal with conflict</b>	<ul style="list-style-type: none"> <li>• Avoid direct confrontation.</li> <li>• Seek to resolve issues through empathy and understanding.</li> <li>• May struggle to assert own needs in a conflict.</li> </ul>	
<b>My communication style</b>	<ul style="list-style-type: none"> <li>• Warm, empathetic, and reflective.</li> <li>• Focus on harmony and understanding.</li> <li>• Prefer small group or one-on-one discussions.</li> </ul>	





# Knowing Me: The Helper



Situations your personality shines through.	How my personality typically shines through. Cross out the ones that don't resonate with you.	What you want others to know about your personality. Reflect on these situations and add your insights below.
<b>My contributions to a team</b>	<ul style="list-style-type: none"> <li>• I offer support and promote team harmony.</li> <li>• I help quietly, without seeking recognition.</li> <li>• I understand emotions, and improving team cohesion.</li> </ul>	
<b>What I tend to overdo</b>	<ul style="list-style-type: none"> <li>• I avoid conflict to maintain harmony.</li> <li>• I prioritise relationships over task completion.</li> <li>• I avoid sharing opinions to keep the peace.</li> </ul>	
<b>What I might overlook</b>	<ul style="list-style-type: none"> <li>• Data-driven decision-making.</li> <li>• Growth through difficult conversations.</li> <li>• Self-assertion and setting personal boundaries.</li> </ul>	
<b>What I need to be at my best</b>	<ul style="list-style-type: none"> <li>• A collaborative, team-oriented environment.</li> <li>• Time to reflect on interpersonal decisions.</li> <li>• Alignment with personal values and ethics.</li> </ul>	
<b>What others do that can annoy me</b>	<ul style="list-style-type: none"> <li>• Isolate me from group activities.</li> <li>• Ignore team morale.</li> <li>• Push for conflict or aggression without consideration.</li> </ul>	
<b>What I typically look like under stress or pressure</b>	<ul style="list-style-type: none"> <li>• I withdraw emotionally or become overly accommodating.</li> <li>• I over-focus on pleasing others.</li> <li>• I avoid making decisions to prevent conflict.</li> </ul>	
<b>How I tend to deal with conflict</b>	<ul style="list-style-type: none"> <li>• I avoid direct confrontation.</li> <li>• I seek to resolve issues through empathy and understanding.</li> <li>• I may struggle to assert my needs in a conflict.</li> </ul>	
<b>My communication style</b>	<ul style="list-style-type: none"> <li>• I am warm, empathetic, and reflective.</li> <li>• I focus on harmony and understanding.</li> <li>• I prefer small group or one-on-one discussions.</li> </ul>	