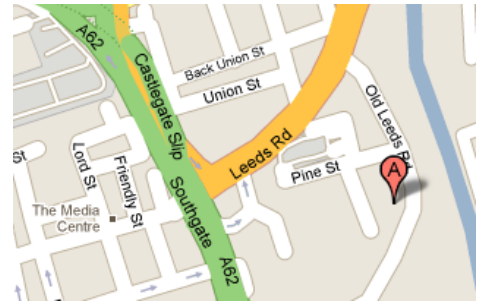


## The Media Centre – Huddersfield HD1 1RL

<http://www.the-media-centre.co.uk/contact/directions/>

(Parking all day is £4 on street - Old Leeds Road shown here)

Wed 29<sup>th</sup> Feb or Wed 28<sup>th</sup> Mar 2012  
(9.15 am - 4.30 pm)



### PRE-COURSE EXERCISES

You must complete exercise 1 and bring the results with you along with the items from exercise 2. Contemplate exercises 3 onwards, in regards to both work and home life. I assure you there are no right/wrong/easy answers!

1. Complete the following self-analysis questionnaire and bring the results along with you together with any other relevant information/tests you might have done in the past.

The Enneagram (131 questions) at: <http://similarminds.com/advtest.html>  
or the shorter test at: <http://similarminds.com/test.html>

Feel free to try any others and bring along any other personality tests you may have completed in the past.

2. Bring along 2 items:
  - a. something that represents, describes and says something about you, and
  - b. something that represents what you would like to deposit in your 'Room 101'

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3. What motivates you both at work and at home? What are you really passionate about?
4. Try to answer the following:
  - a. What are the most important things in your life? Why?
  - b. What can't you live without?
  - c. What makes you really angry and what would you fight for or take action over?
  - d. What do you really enjoy?
  - e. What would you be unhappy without?
  - f. What are you doing when you feel most content?
  - g. What were you doing when things were going well?
  - h. What was different when things were not going well?
5. Write down at least 3 things that have gone well (and why) recently.
6. What can you say about yourself for the following:
  - i. I am good at....
  - j. I like myself because....
  - k. My achievements are....
  - l. What makes me unique / special....
  - m. The challenges I have overcome are....
  - n. I have learnt these new skills or knowledge....

All you need then are note taking materials and an open-mind!

*Really looking forward to working with you*

*David Broadhead*

[david@partnersinmanagement.co.uk](mailto:david@partnersinmanagement.co.uk) or [david@ridfear.co.uk](mailto:david@ridfear.co.uk) / Tel: 07957 325336