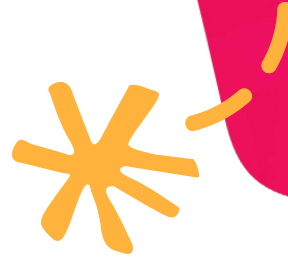


## Exercise 3

# BEHAVIOURAL SURVEY



### SITUATION

Self-awareness. How do I behave? How could I describe myself?



### PARTICIPANTS

Unlimited



### MATERIAL

- **Appendix 1:** Questionnaire – print one for each participant
- **Appendix 2:** Scorecard – print one per participant



### TIME

10 - 30 minutes

## OBJECTIVES

- Knowing how I behave in given situations.
- Discovering what I can learn from that.
- Clearly determining my morals and beliefs.



## SEQUENCE

### The trainer:

1. Hands out the questionnaire (**Appendix 1**) to the participants (without the scorecard).
2. Lets the participants read the questions and asks them to answer as honestly and spontaneously as possible.
3. When everyone has completed the questionnaire, share the results (see **Appendix 2** scorecard). The questionnaire and the scorecard may be taken home.
4. The exercise can be extended by asking further questions to the whole group or by dividing the group into subgroups of 2 to 3 people. Additional questions:
  - Do you agree with the results?  
(follower, assertive or reserved type)
  - How do you feel about this? Do you like it? Would you rather be a bit more ... ?