

MY BRAIN MANUAL

Everybody is different. Every brain is different. Let's delve into yours. Then we can figure out together how you work best, on things that are meaningful to you and in good cooperation.

Working environment

I like to have a fixed / flexible workplace

I like to work ..% of my working days at home

My working hours are preferably fixed / flexible

Additional for a pleasant working environment:

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Communication

If no physical presence, I prefer to use email / app / video calling

I'd like / I do not need to read meeting documents upfront

I prefer to have meetings online / physical

Additional for pleasant communication:

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Management

I work best with clear instructions / frameworks, but the interpretation is up to me / complete freedom

I like to work mostly alone / sometimes alone, sometimes in a team / mostly in a team

I like to coordinate a lot with my colleagues / I like to work independently

Additional for pleasant cooperation:

Work

I prefer routine work / working on new things all the time

I'm more of a generalist / specialist

I like to do one / several projects at the same time

Additional for work that fits me:

Learning

I prefer to learn by doing / reading / walking along

I would like a mentor / I prefer figuring out things by myself

I prefer to learn alone / in a group

Additional for how I like to learn:

My thinking skills

- Analytical
- Associative
- Visual
- Logical
- Conceptual
- Linear (sequentially)
- Non-linear (non-sequentially)
- Abstract
- Practical
- Pragmatic
- Quick thinker
- Reflective
- Investigative
- Different:

A work situation in which I was in my element and look back on very positively:

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How does this make me feel (proud, happy, euphoric)

What made it so suitable for me?

Who have I worked with?

What has this work contributed to?

How has this helped my confidence?

A good metaphor for my brain:

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My energy dashboard:

I thrive with many / average / little stimuli and how I notice that is ...

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I prefer one-on-one / groups and how I notice that is ...

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I need a lot / average / little structure and how I notice that is ...

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I like little / average / a lot of management steering and how I notice that is ...

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I have a regular / irregular work rhythm and how I notice that is ...

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I would say about myself (the 10 most important):

- I am someone who connects on content, more than on a personal level
- I see more details than my colleagues
- I often doodle to concentrate
- I like to get to know my colleagues well
- I find it annoying when others do not adhere to the agreed working method
- I am extremely creative
- I am very conscientious
- I make connections faster than my colleagues
- I have exceptionally good spatial awareness
- I think keeping appointments is very important
- I can easily see through patterns
- I prefer to do one project at a time
- I don't like sitting still for long, I need regular exercise
- I am the glue of a team
- A good working atmosphere is very important to me
- I need complex projects
- I attach great importance to social activities on and off work
- I am easily distracted
- I often think a few steps ahead
- I am interested in a lot of things
- Personal contact with my colleagues is important to me
- I can get my teeth into one thing
- I am autonomous
- I have little need for social activities at or outside work
- Sometimes I get so caught up in something that I forget the time
- I like to spend a lot of time alone
- I don't like change very much
- I like to work across departments
- I seem to be more affected by stimuli than others
- I get bored easily

- I think a lot in metaphors
- I like sparring with like-minded people, but I prefer to work autonomously
- People sometimes have a hard time following me
- I am much more curious than others
- I quickly see errors in a text or program
- I am always moving or fidgeting with something
- I like to throw myself into new things
- I often see things slightly differently
- I have a great sense of justice
- I enjoy coordinating daily work with colleagues
- I sense things well
- I am sensitive to moods
- I often think more abstractly than others
- I seem to need clarity more than others
- I sometimes seem to be more attached to appointments than others
- I don't always feel heard
- I prefer to work in a team
- Ambiguity in communication does not work for me
- I am less sensitive to peer pressure
- I can appear lazy or passive
- I can be overwhelming
- I need excitement around me
- I don't like brainstorming
- I have fluctuations in my energy
- I have trouble with written text
- I need a lot of structure
- I rarely find meetings helpful
- I actually prefer to get straight to the point
- I cannot concentrate well in large spaces
- Meetings generally cost me a lot of energy
- I often find that others work a bit slow
- Others sometimes find me (too) critical

Conclusion

Which elements of my brain manual do I already find in my work and do I and/or others enjoy it?

Which elements do I not find enough in my work or do I and/or others suffer from it?

And what effect does that have on me?

What could I do myself to change that?

And what do I need from my team, from my manager, from the organization?

