



Coffee break exercise: **WHEN I'M AT MY BEST**

This exercise is designed to help you understand what's involved when you are 'at your best' at work. You can use the results to help you think about what you need to look for in a role / organisation / training course.

What to do:

Step 1.

Think of a time in your life when things were going really well for you, when you felt you were 'at your best'. It doesn't have to be a time when you were in a paid job - it could be a voluntary role or a training course you did or some other activity. If it helps, think about an achievement you are particularly proud of.

Step 2.

Note down your recollections under the following headings:

I was at my best when _____

What was the environment like? (e.g were you outside, inside, in a busy office, working at home, what were your colleagues like?...)

How did I feel? (energised, relaxed, excited, curious, nervous)



What would others have noticed about me?

What was going on around me?

What skills was I using? (listening, organising, bringing people together, generating ideas...)

What tasks was I doing?

What work values were being met? (e.g. were you being challenged, making a difference, caring for others, being well rewarded financially?)

Is there anything else? What else do you know about what makes you 'at your best'?
