

WORKING EFFECTIVELY. ARE YOU?

When you were last at work, please indicate how generally effective you felt you were in the following areas.

Getting things done:

How successful were you in completing planned activities, or responding to the cognitive demands made on you to carry out jobs and tasks?

not very effective

very effective

1

2

3

4

5

6

7

8

9

Getting on well with others:

How successful were you in using your social and interpersonal skills in meeting the emotional needs you perceived in others?

not at all

very much so

1

2

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Taking care of yourself:

How successful were you in managing your own emotional needs of taking your own wishes into account?

not at all

very much so

1

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