

## How Am I Perceived At Work?

Kristi Hedges (2018) offers a helpful exercise to increase emotional awareness by becoming more aware of the image we project of ourselves at work.

Use the following questions to perform an audit of how others perceive you.

1. List five people that you engage with on a regular basis at work:

2. Ask for a meeting with each one, face-to-face, if that is possible.

3. Ask two questions in each meeting:

*What are the general perceptions of me?*

*What could I do differently to improve how people see me and make me more successful?*

4. **Do not attempt to excuse or explain yourself.** Try to remain comfortable and hear what people have to say.
5. **Thank each person who gave you feedback.**

Reflect on what you have learned and think of the changes you might like to make going forward.

## References

- Hedges, K. (2018). How are you perceived at work?. In *Self-awareness* (pp. 59-74). Harvard Business Review Press.

Dr. Jeremy Sutton