

Motivators and Blockers

LifeForward
Coaching SINGAPORE

Motivators

Each colour energy/eight-type has different preferences for motivation.

- Have a think about what motivates you?
- What might motivate your opposite type?
- How do they differ from you?
- What can you do differently when delegating or influencing your opposite type?



Blockers

Now think about what might stop you making progress.

- When might you get “stuck”?
- When might your colleagues get “stuck”?
- How do they differ from you?
- What can you do differently to help your opposite type get “unstuck”?

