

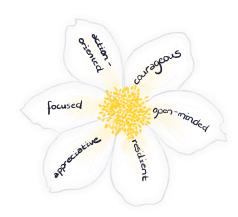
TOOL "CORAFA-ASSESSMENT"



Task 1: Have a look at the 6 qualities visualized in the flower. (abbreviated as CORAFA-qualities). Think of **examples** which underpin these qualities and write them down.

The examples should be based on your own experience. You should play a role in each example situation. Based on the examples, **rate yourself** for each quality between 1-10.

Key attitude	Example situation	Self-assessment	
		weak	strong
COURAGEOUS		1 2 3 4 5 6 7 8	9 10
OPEN-MINDED			
RESILIENT			
APPRECIATIVE			
FOCUSED			
ACTION-ORIENTED			





Task 2: Ask 3 persons from your family or friends and 3 persons from your professional network which examples they can provide regarding you displaying CORAFA qualities. Make sure that you ask persons that can provide an example for the respective quality. Please write down the example and ask them for their rating.

Key attitude	Example situation	Self-assessment	
		weak strong	
COURAGEOUS		1 2 3 4 5 6 7 8 9 10	
OPEN-MINDED			
RESILIENT			
APPRECIATIVE			
FOCUSED			
ACTION-ORIENTED			