

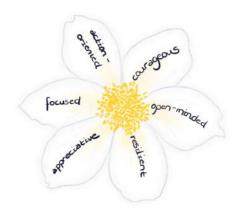
TOOL "CORAFA-ASSESSMENT"



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 stron
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		

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