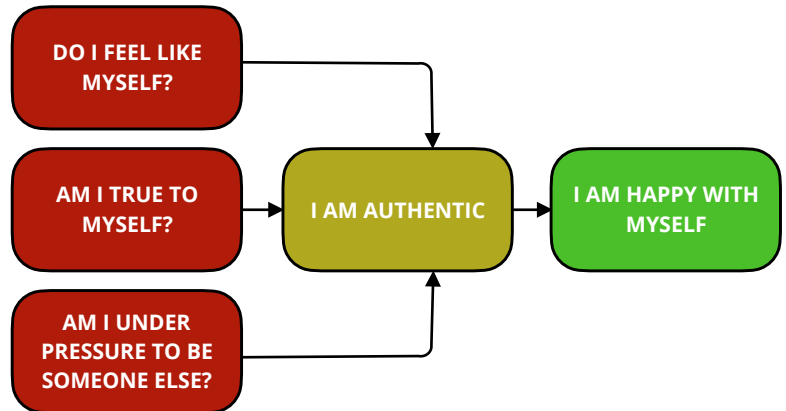


Authentic living

Sometimes, the person we want to become gets in the way of the person other people expect us to be. This can create a problem where it comes to staying true to our feelings, beliefs and core values. Must we sacrifice those to keep the peace? Or should we break with those we love and trust to forge our own path?

Wood (2008) recognizes this dilemma as one that affects *authenticity*. Being and feeling true to yourself, despite any pressure from others is a very important ingredient in well-being.

To help employees learn to express their authentic needs, Credera (2022) designed cards similar to the following.



WHO I AM	Name:	Title:	OUTSIDE OF WORK
	Pronouns:	Business Unit:	
HOW TO WORK WITH ME			
My communication style	My work style	Hobbies and interests out side of work	
How I like to give and receive feedback		What I did before I joined	
Common misunderstandings about me	Preferred ways I like to be rewarded	Other things you should know	
OTHER INFO	Quickest way to contact me	Name pronunciation guide	Considerations of working hours

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