



# The Human User-Manual

At the core of our existence, we are remarkable story-tellers.

Each action we undertake, every achievement we have ever made is rooted in narratives. These tales are those we narrate to ourselves as a society, governing our daily actions and shaping our perceptions. They are the intimate monologues we recite to ourselves, defining our self-identity and the lens through which we view our world.

Nestled at the heart of these narratives is the concept of trust. Without trust, our stories lose their impact, their significance. In its simplest form, as an example - when we purchase a cup of coffee, there is an unspoken abundance of trust that flows between the customer and the barista. Trust in the transaction, in the safety of the food and even in the cordial exchange of greetings.

Much of our lives are consumed at the workplace, interacting with colleagues, clients, and partners. If narratives serve as the thread that binds us and guides trust and personal growth, it stands to reason that we can strengthen our trust by narrating more impactful stories, particularly from a place of vulnerability.

Brene Brown insightfully expressed, *"Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it's our greatest measure of courage."*

"The Human User-Manual" strives to aid teams in delving deeper into the inner narratives each individual harbors, with the ultimate goal of fostering gratifying relationships and high-trust, high-performance teams.

To guide the extent of openness, my advice is to share generously but just shy of any revelations that could potentially jeopardize a political career if disclosed publicly. I also ask you to listen with a curious and empathetic ear to the sharings of your teammates.

I hope you find this enlightening and useful for team building!

Sincerely,

George Morris  
Head Coach, GMORRIS.com



# The Human User-Manual

Your Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Profile Assessment

Optional area if you have behavioral assessment data to share.

DISC (enter your score)		Myers-Briggs (circle your value)	Kolbe (enter your score)	
Dominance		E or I	Fact Finder	
Influence		N or S	Follow Thru	
Steadiness		T or F	Quick Start	
Conscientiousness		J or P	Implementor	

## Exploring You

What are three honest, unfiltered things about you? Remember, vulnerability builds trust.

- 1.
- 2.
- 3.

What should people know about getting the best from you?

What drives you nuts or irritates you?

How can people earn an extra gold star with you?



## Skills and Habits

What are three skills you bring to your team?

- 1.
- 2.
- 3.

Share with us how you think about acquiring new skills and knowledge. Do you prefer to get the basics and start experimenting, do you prefer to go deep into the subject or some other blend of learning?

What are your working hours? Think about when you start working and wrap up working. Also talk about if you plan your week by blocking out time, or shoot from the hip with your scheduling?

What are your career ambitions from this point onward?

What's an early sign for us to look for when you are stressed? What are three things that make you feel good (bring you back to center) when stressed?

If working conditions create the most flow for you to generate your best results? How can we best recreate those conditions?



## How you interact with others

What are the best ways to communicate with you?

*For example, "be bright, be brief, be gone", "put it in writing first", "tell me the whole story."*

What are the worst ways to communicate with you? I don't respond well to .....

*Example, "sarcasm", "being spoken down to", "mocking me", "be legislative", "those who are commanding."*

What are the best ways to give you hard news or critical feedback?

*Example: "face to face", "over the phone".*

How does your style change (if it does) between working in-office vs remotely? What are the ways to best communicate with you in each situation?

## Your "why" and motivation

What motivates you as a human being? What gets you out of bed in the morning and compels you forward during challenging times?

When you are at your best, what activities are you doing? (stick to only 3)

What are three core values to who you are as a person?

1.

2.

3.

Describe a time you were really proud of yourself, and tell us why.