

THE INNER STAGE OF REHEARSAL

DESIGN YOUR ROLE ACCORDING TO YOUR IDEA

With the daily role diversity, we are also exposed to many expectations. This can cause pressure and also role conflicts. Don't forget: you can define your role yourself and shape it according to your ideas!

Maybe it is time for a new color on your inner walls?

Take the opportunity to rehearse a changed role first to find out if you really feel comfortable with it before you act officially on the "public stage".

THE INNER REHEARSAL STAGE

1. Which role regularly causes role conflicts, robs you of energy or confronts you with overburdening expectations?
2. Which role would you always like to play in a team?
3. Which role would you always like to play in your family or in a group of friends? Does this correspond with your actual role behavior?
4. Which role would you like to change or redesign? Then practice that! Imagine this role in detail and in different situations.

