



SYNERACTION
MANAGEMENT

Farm transfers
Training & coaching
Transition support

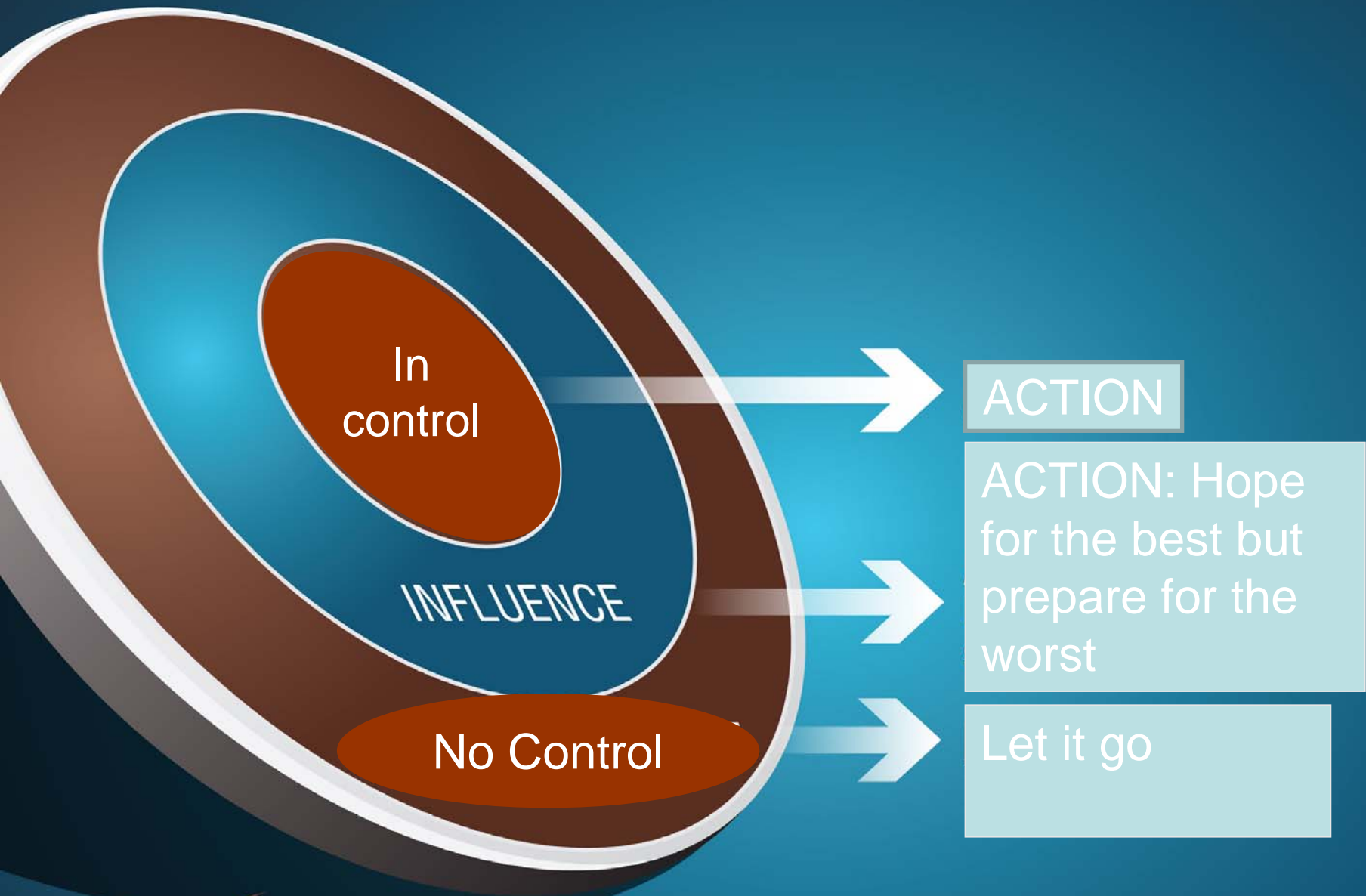
Let's talk about it!

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Make your **transition** a seamless one!

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Anger expression scale



- 10 - Explosion
- 9 - Rage
- 8 - Aggression
- 7 - Feeling of a loss of control
- 6 - Feeling of desperation
- 5 - Impatience
- 4 - Intolerance, irritability
- 3 - Frustration
- 2 - Feeling of being upset
- 1 - Feeling of being relaxed, calm

Personality traits dimensions

Thinking structure

	1	2	3	4	5	6	7	8	9	
Practical										Conceptual
Adaptability										Traditionalism
Spontaneous										Plans ahead

Motivation

Team oriented Security	1	2	3	4	5	6	7	8	9	Results oriented Recognition

Leadership

	1	2	3	4	5	6	7	8	9	
Conciliation										Assertion
Trust										Scepticism

Sociability

	1	2	3	4	5	6	7	8	9	
Reserved										Outgoing

Resistance to stress

	1	2	3	4	5	6	7	8	9	
Anxious										Calm
Intolerant										Tolerant
Sensitivity										Endurance

Can we talk constructively?

<p>Right now, what I see and creates discomfort in me.</p> <p>The <u>facts</u> are ... (facts, not personality traits)</p>	<p>What are the options?</p> <p>My needs are</p> <p>What I would like...</p>
<p>➤ Fact no. 1</p> <p>If applicable, the impacts of this on me, employees, partners, the business, etc.</p> <p>This will be avoided:</p>	<p>➤ I would like...</p>

Can we talk constructively?

<p>Right now, what I see and creates discomfort in me.</p> <p>The <u>facts</u> are ... (facts, not personality traits)</p>	<p>What are the options?</p> <p>My needs are</p> <p>What I would like...</p>
<p>➤ The project will increase my workload.</p> <p>If applicable, the impacts of this on me, employees, partners, the business, etc.</p> <p>➤ My family life ...</p> <p>This will be avoided:</p> <p>➤ Overwork, ambiguities, conflicts</p>	<p>➤ I would like...</p> <p><i>«We both want this project to succeed, so I would like to discuss how we can redistribute my tasks to make me more productive».</i></p>



Thank you!

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