



**Physical**

**Emily** **Natalie** **Laurent**  
**Linda** **Darren**  
**Katrina** **Michael** **Donna**  
**Lisa** **Lauren**

**Intellectual**

**Lauren**

**Emotional**

**Darren** **Katrina**  
**Laurent** **Emily**  
**Michael**  
**Linda**

**Spirit**

**Donna** **Lisa**  
**Natalie**

## **Main Challenges**

**Conflict**

**Workload**

**Confidence**

**Delegation**

**Heart on sleeve**

**Confrontation**

**Confidence in self**

**Slow down**

**Don't like saying no**

**Other managers**

## **Like to grow**

**Time with people**

**Confidence**

**Dealing with difficult  
people**

**Delegating**

**Managing tricky situations**

**Confrontations**

**Adapt my style**

**More knowledge**

**Build trust**

**Slow down**