

# Ellie Rich-Poole

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The Recruitment Coach

## Ask Five People Exercise

This is a wonderful exercise with its roots in Positive Psychology, the science of positive aspects of human life, such as wellbeing and happiness.

Simply ask five people whose opinions you respect and trust from different areas of your life the following five questions:

1. What one word or phrase describes me best?
2. What do you think is my greatest achievement?
3. What do you value most about me?
4. What one thing could I change for my own benefit?
5. What do you believe to be my greatest strength?

When you receive the responses, collate them and review each heading in turn.

What are the key themes you are seeing?

What does it tell you?