hello

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This manual will represent you

The Manual of Me

What is this?

This is a simple and fun way to help you document your needs, motivations, and skills. It is basically a manual that will show your future team mates how they can work best with you.

This is a personal manual, but while you're filling it out, try to share as much as you are comfortable with. The main intention here is to raise the importance of transparency and hopefully make your team experience more fun and productive. Good luck with getting to know each other in your team. A functional team is a humble and transparent team.

Welcome to Figjam 👋

Figjam is an interactive whiteboard where you can draw, make post-it notes for comments, highlight text with the marker pen, and get creative with stamps and stickers. We use Figjam for our interactive online meetings and workshops within our team.

First thing you need to do is create your own copy so that you get full editing rights on this document. In the topbar where it says "/Manual of me", click the little down arrow → Duplicate. This will duplicate the document to your drafts. Open your copy and start editing! Feel free to use the Figjam tools to add drawings or stickers .

GREAT!

Add a picture of you

Press the red button on the polaroid camera to the right to snap a polaroid of you 📸

1. Workflow

OH DEAR

My full name is:

Linnéa Ajger

Let's talk about you as a team player

YES

Conditions I like to work in:

I love to work in a team where everyone is doing their part and contributing to achieve a common goal. It's very important for me with a good leadership and that time is used effectivly. I am very social and like to work with others, but when I need to focus, I prefer to work undisturbed.

Times or hours I like to work:

It depends. I can be very productive before lunch (not too early though, because I'm a night owl). And sometimes I prefer to work late at night, because I feel more calm. I will also take some hours on the weekend, to make ends meet the first months.

The best way to communicate with me is:

By telling me how it actually is. I prefer not guessing my way to the problem. I think it's the most effective way to solve problems. I also prefer talking before writing when it comes to communication.

The way I like to receive feedback is:

I like to be a little bit prepared. Because I want to be able to take it all in and sometimes the timing can be off.
And like most people I tend to focus a bit much of the things not working, so I'm very thankful for some positive comments as well :P In this case it can be very good to get some written notes on the feedback.

2. Team player

Let's talk about other things that is good to know about you

Things I need:

I need to feel safe and heard to do my best work. To feel safe I need a environment that stimulate my growth and don't judge me too hard. I also need to feel that it's a mutual engagement to feel motivated and stimulated.

Things I struggle with:

Sometimes I can get stuck focusing on the wrong thing, just because I feel a need to understand it. It gives me new knowledge but it's also time consuming if I have a deadline. I also need to work on my own reactions when someone else is very stressed, so I don't get stressed myself.

Things I'm passionate about:

Solving problems and helping other people. I love being needed and doing favors.

Coding and the tech industry is totally new for me, but I hope I'll find more things to be passionate about!

WOW!

Other things to know about me:

I love to joke and play around. I believe that it's possible to be professional and playful at the same time ;D

Nice!

3. Fun facts

Let's talk about funny stuff

OH!

Top 3 best series or movies:

One Flew Over the Cuckoo's Nest
The Green Mile
The Intouchables

My favourite dish:

It's a tie between vietnamese summer rolls and bahn mi. I love the flavour in these dishes. Everthing with coriander is a hit for me!

The easiest way to make me laugh:

Funny comments or if someone uses a weird voice. I'm usually very easy to get to smile and laugh.

This does others not know about me:

Exercise is my medicine. I love doing sports and outdoor activities.

I am a physiotherapist and have worked with rehabilitation of brain injuries. I'm superfascinated of the brain and our mind.

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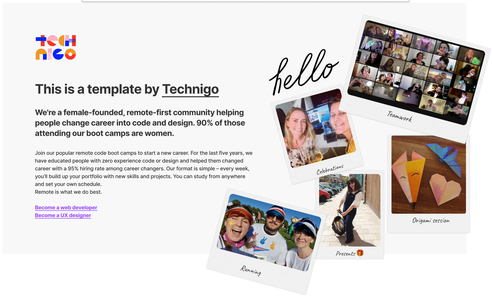

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