



Nahla Summers Coaching

Roles

This is Appendix 5 from The Culture of Kindness book.
Please read the book for instructions.

This is where you will state your personal roles and what that means to you. I have given one example, however more roles could include: Mother, Father, Sister, Brother, Daughter, Son, Club member, Group member, Speaker, Role model, Carer, Aunt, Uncle, Godparent, Religious position, Volunteer position, Line Manager, Specialist, Colleague and so on. Your roles will be unique to you but the more you delve into your roles the more you will gain from the exercise. Continue on more sheets as required.

Role	Description
Father	Carer, supporter, need to be care free, install the rules, teacher, support, carer and so on.