

The core quadrant

The core quadrant is a tool that can provide insight into your qualities. It consists of 4 parts:

- Core quality (part of a person's strength)
- Pitfall (overshoot of a core quality),
- Challenge (opportunity to develop)
- Allergy (overshoot of your challenge, behaviour you find irritating).



Example core quadrant

Assignment: Defining your core qualities

- Watch the video of Daniel Ofman about the Core Qualities
<https://www.youtube.com/watch?v=gFxr8GBiEol>
- To gain more insight into your own qualities, you will complete 4 quadrants.
Tip! If you find it hard finding your quality, you can start elsewhere in the quadrant as well.
For example, you can start with your allergy. What annoys you about others?
Or, start with your pitfall: what do others sometimes blame you?

The following sentences can help you with this:

<p>Core quality</p> <ul style="list-style-type: none"> • Others appreciate me for ... • I think it is quite normal to ... • I encourage others to ... 	<p>Pitfall</p> <ul style="list-style-type: none"> • Under pressure, I sometimes fall into ... • Others blame me for ... • I justify myself in ...
<p>Allergy</p> <ul style="list-style-type: none"> • With others I cannot stand ... • I get furious about ... • I would hate myself if I ... 	<p>Challenge</p> <ul style="list-style-type: none"> • I miss in myself ... • I admire in others... • Others wish me that I ...