

## **MODULE 1: SELF-LEADERSHIP**

### **CASO OF STUDY**

Think of a goal that you want to propose to improve your teleworking skills (to opt for a position of this type or to improve your professional competence), and define it in SMART terms. After defining it, identify 3 areas in which you consider that you have strengths and other 3 in which you think you should work harder to improve. Designing a SWOT to represent this information might help you.

**Share your answers with other colleagues in the forum discussion that is enabled for this module!**

