

## Attachment: Self-management skills

Number of methodological Tool	EUPANEXT_LO_133_M_001
Number of attachment	EUPA_LO_133_M_001_Att_1

**Case study:** “You are a new employee in an organization. You are a European Project officer and you are responsible for about 20 EU projects running simultaneously. You are stressed and you don’t know from which project to start and what tasks are more urgent or important”.

### Evaluation questions:

1. What can you do in order to self-manage this situation? List some techniques.


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2. What are the most important skills which are necessary to self-manage this situation?




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3. When you make your self-evaluation, what are your main strengths and weaknesses when trying to handle this situation?


