

WHICH KIND OF TRAINER AM I TODAY?

①

WHAT AM I ABLE TO DO TODAY

FUNCTIONS/MUSICAL ABILITIES/
OBSERVATION ...

②

WHAT ... NOT YET ABLE

③

WHAT I WOULD LIKE TO BE
ABLE TO

• LOOK AT ① AND INDIVIDUALISE WHICH ONES AMONG YOUR ABILITIES COULD HELP TO REALISE ③

• LOOK AT ② AND ③ AND COMPARE: WHICH ABILITIES/COMPETENCES ARE MEANINGFUL AND DESIRABLE FOR YOU TO ACHIEVE?