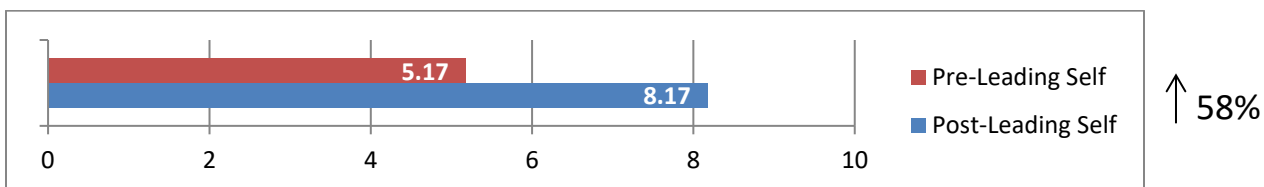


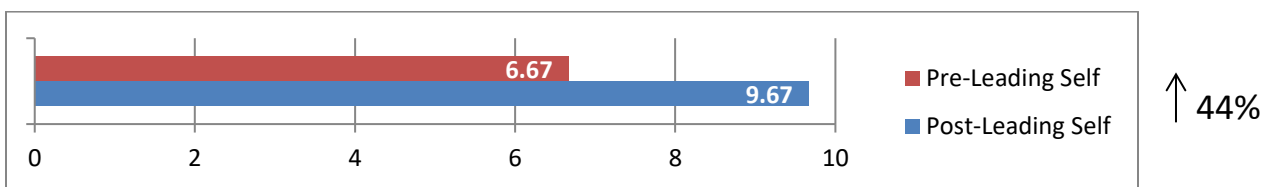
## 2014 – Leadership Program Pre and Post Survey Results – Leading Self

The following 19 questions show the results of a self-evaluation completed by the participants in the Leading Self Program prior to and again following the Leading Self Program. n = 6.

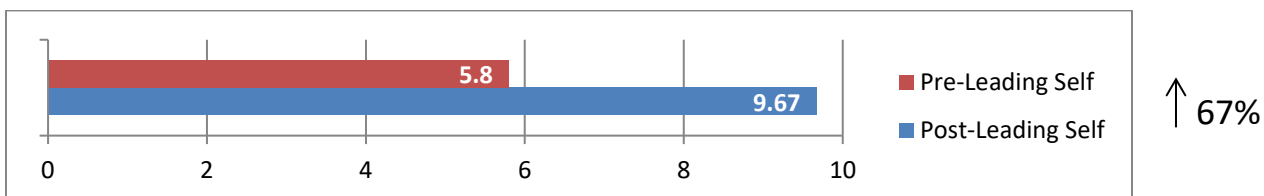
**Q1: I know my purpose in life. (10 = I have a firm purpose statement that I can easily repeat to others)**



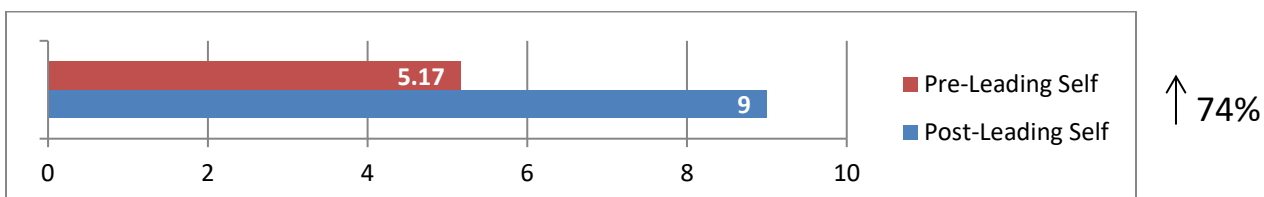
**Q2: I know my values. (10 = I know my values very well and can easily name five)**



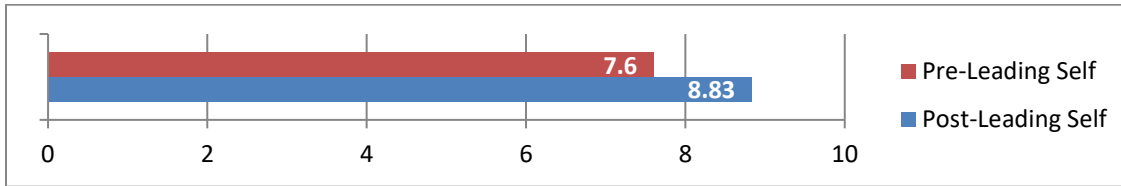
**Q3: I know my strengths. (10 = I know and can easily describe my top five strengths)**



**Q4: I lead from a place of my purpose, values, and strengths. (10 = My purpose, values and strengths guide me in everything I do)**

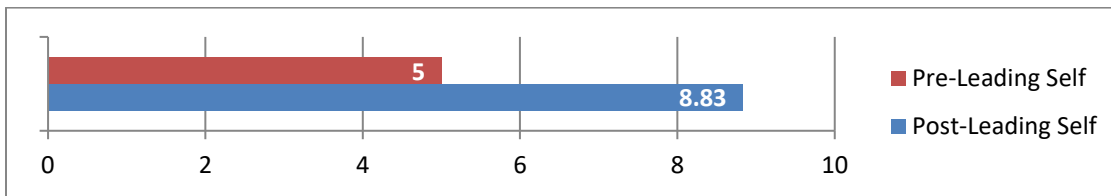


**Q5: I am self-reflective. (10 = I always self-reflect )**



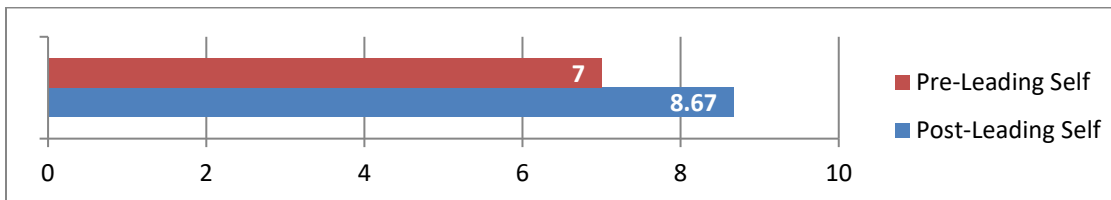
↑ 16%

**Q6: I am aware of what I am feeling in situations. (10 = I can easily identify and name my feelings in situations)**



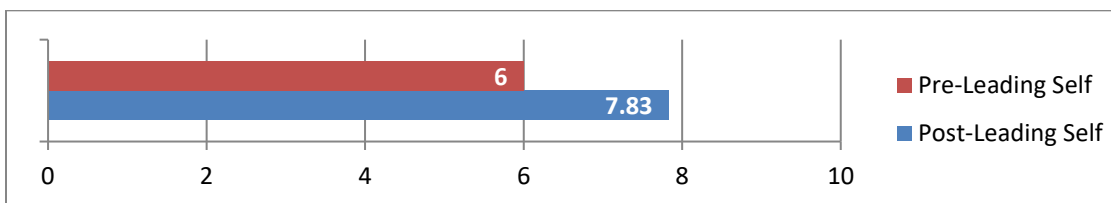
↑ 77%

**Q7: I take responsibility for all of my actions. (10 = I take 100% responsibility for my actions & don't blame others)**



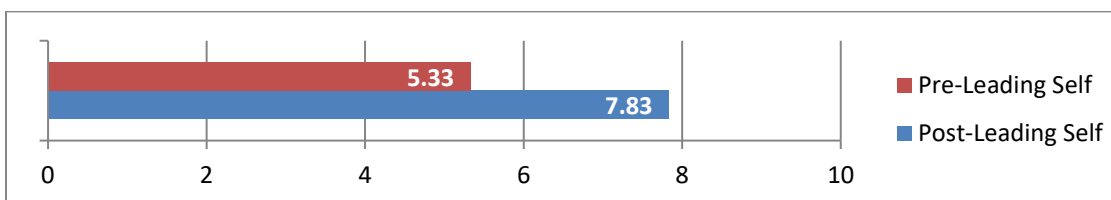
↑ 25%

**Q8: I am capable of handling criticism. (10 = Criticism does not erode my self-esteem)**



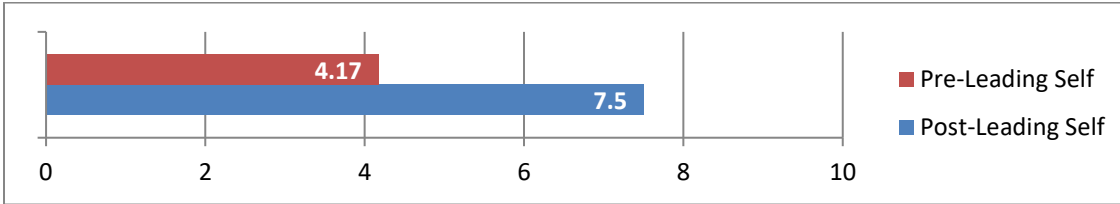
↑ 31%

**Q9: I look after myself physically, spiritually, mentally, and emotionally. (10 = I take the time to look after myself in all of these aspects)**



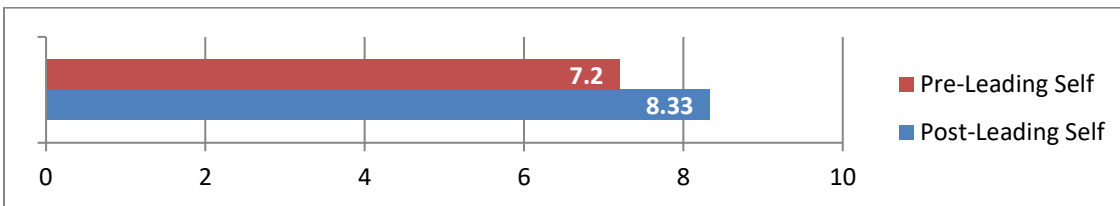
↑ 47%

**Q10: I can confidently say “no”. (10 = I can say no to requests that don't fit with my purpose and values)**



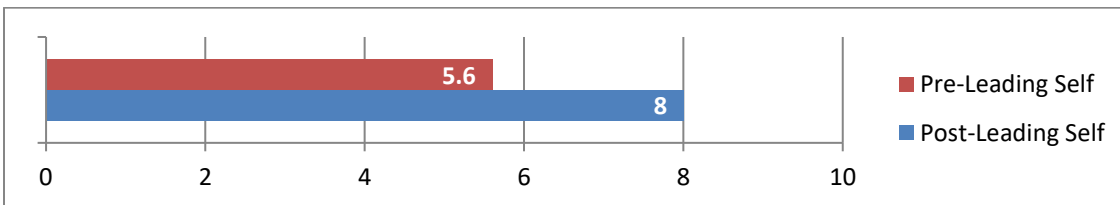
↑ 80%

**Q11: I can confidently say “yes” to requests that challenge my skills. (10 = I accept challenges outside of my comfort zone)**



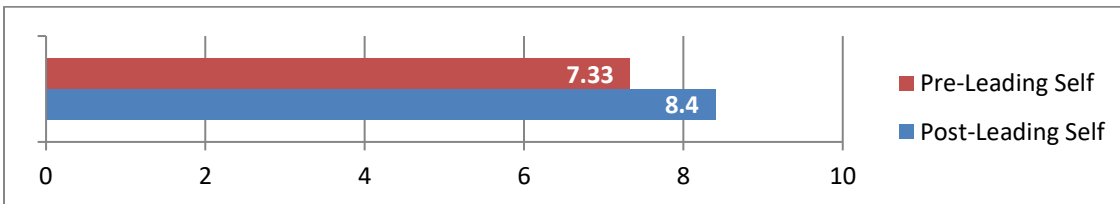
↑ 16%

**Q12: I am fully aware when I judge others based on my personal values and/or strengths and expectations. (10 = I am 100% aware)**



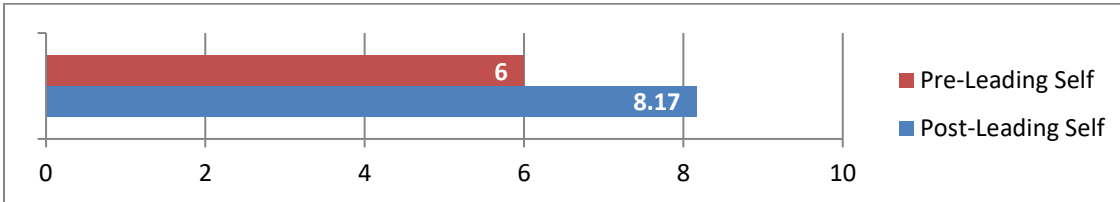
↑ 43%

**Q13: I listen to others with curiosity and interest even when I do not agree with them or they are saying something that is difficult for me to hear. (10 = I remain calm and curious in disagreements)**



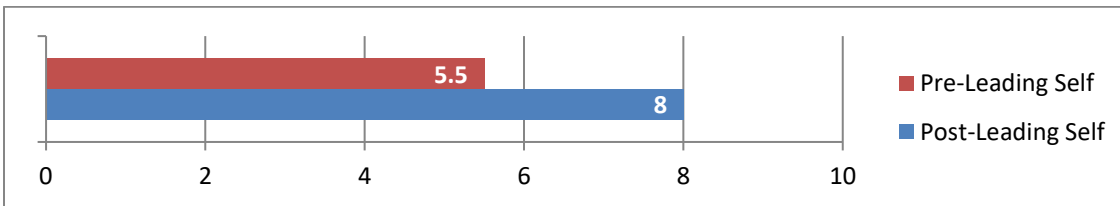
↑ 15%

**Q14: I recognize when I have an “unhealthy” motive when interacting with others. (10 = I spot my unhealthy motives right away)**



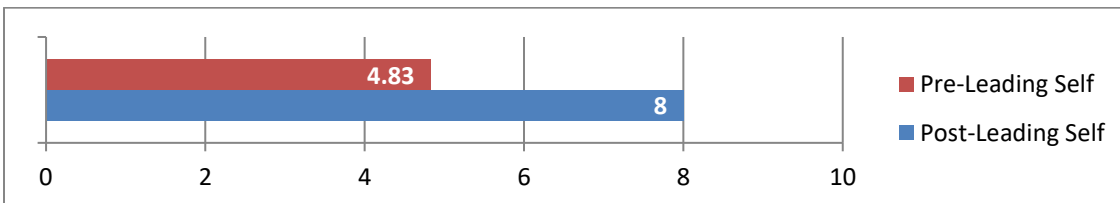
↑ 36%

**Q15: I can quickly switch my “unhealthy” motive when interacting with others to a motive that is more effective and in line with what I really want. (10 = I quickly change my unhealthy motives)**



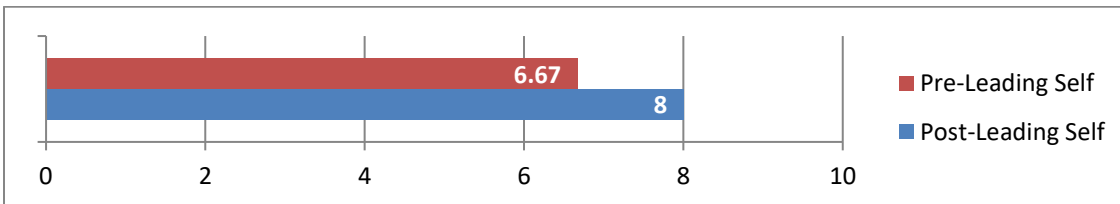
↑ 45%

**Q16: I quickly notice my role in conflicts. (10 = I notice how I contributed to the conflict right away)**



↑ 66%

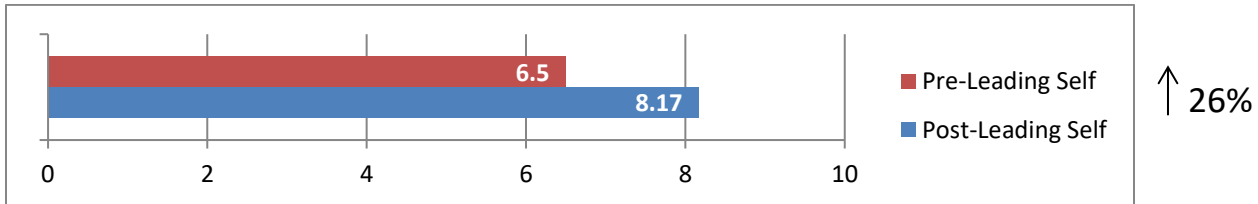
**Q17: I express my feelings in a respectful way so that the listener feels safe and comfortable. (10 = I am skilled at expressing my feelings effectively)**



↑ 20%



**Q18: I am aware of how I communicate both verbally and non-verbally and the impact this has on others. (10 = I am very aware of the impact of my verbal and non-verbal communication)**



**Q19: I am able to use my strengths \_\_\_% of the time at work. (10 = I know how to use my strengths no matter what I am working on 100%)**

