

What are the 3-5 signs that I am at risk of burn out?

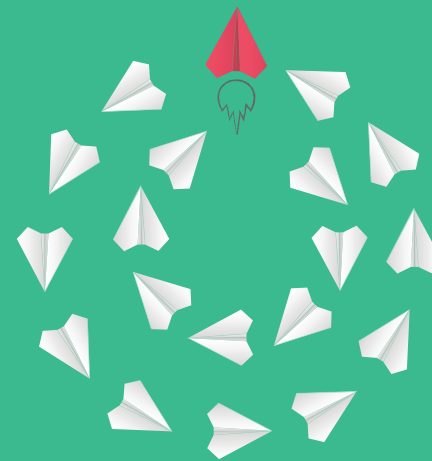
- 1.
- 2.
- 3.
- 4.
- 5.

Who inspires me as a leader and why?

What kind of leader do I aspire to be?

What values are most important to me as a leader?

Where do I get my energy from?



Leadership

How will I respond to change as a leader?

I will...

I won't...

What are three things I can say to my team to build empowerment and psychological safety?

- 1.
- 2.
- 3.