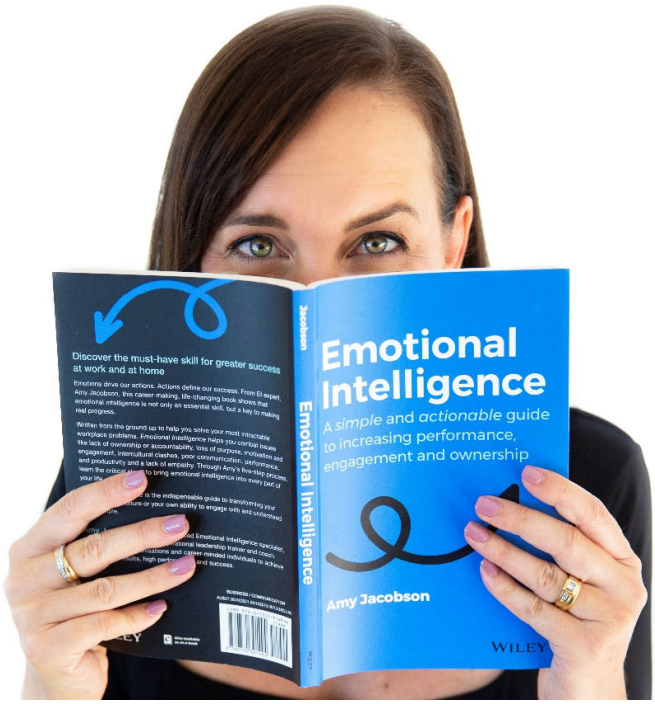
OWN IT WORKBOOK

How emotionally intelligent are you feeling today?



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Amy Jacobson

Modern People

Why do you believe emotional intelligence is important in the workplace?

How do my beliefs and values guide my interactions with others and my thoughts on the year ahead?

How does the level or success of my EI align to my deliverables?

My greatest fear/limitation and when has it held me back?

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What emotions are bouncing off me?

What emotions am I catching?

What is my ‘y’? Why do I get out of bed in the morning and choose to work here?

What am I known for now and what do I want to be known for in 12 months?

What do I want to achieve in 12 months?

How does my ‘y’ align to the Mission, Vision and Values of the Group?

What behaviours or areas are my greatest focus for growth?

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Score out of 10: ____

What would it take to increase my score? Actions?

_____

_____

_____

_____

_____

Key Session Takeaways to Share

_____

_____

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SCAN ME

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