

Seminar 1 Journaling Exercise

1. What habits do you currently practice in your life that contribute to your effectiveness?
2. What values are important to you?
3. What leadership traits do you admire?
4. Think of a significant personal and professional challenge to reflect on as you go through the workshop. Describe the challenges below.

Personal Challenge:

Professional Challenge:

5. Identify a personal and a professional relationship you would like to improve.

Personal Relationship

- In the personal relationship, what is working?

- What is not working?

Professional Relationship

- In the professional relationship, what is working?

- What is not working?

6. What do you hope to gain from the workshop?