



UNDERSTANDING YOURSELF AS A SUPERVISOR

A 60-minute Webinar

“TRUE SELF-DISCOVERY BEGINS WHERE YOUR COMFORT ZONE ENDS.” ADAM BRAUN

1. Self-discovery begins with an understanding of your level of _____.
2. Emotional intelligence involves four elements:
Self _____
Self _____
Social _____
Relationship _____
3. How can we use emotional intelligence to improve our _____?
4. Self-**awareness** allows us to acknowledge our _____.
5. Self-**management** allows us to decide how we will _____ our weaknesses.
6. One of the most effective techniques to help us with self-management is to **control** our _____.
7. The next time your emotions get the best of you, ask yourself, “_____ am I feeling this way?”
8. We can then use social awareness and relationship management to improve how we _____ with our employees, how we make _____, and how we go about creating a _____.
9. As a leader, how might you use your emotional intelligence to positively impact your workplace?

10. Becoming aware of our own _____ will also help us understand others’ personalities and how differences in personalities can influence how our employees perceive us and our leadership skills.

11. So...let's think about our own "_____:"

Am I...

- People-oriented, fun-loving, persuasive, creative, high energy, loud, enthusiastic, charming, vocal, witty, cheerful, good at story-telling, the life of the party? (*Popular**)
- Decisive, one who takes initiative, confident, goal-oriented, in control, loyal, a change-agent, somewhat unemotional, an effective delegator, results-oriented? (*Powerful**)
- Detail-oriented, organized, a planner, structured, one who works well alone, somewhat sensitive (including the needs of others), okay with quiet, thoughtful, an idealist? (*Perfect**)
- Intuitive, one who values my depth of contribution and harmony, consistent, a bit of a procrastinator, patient, adaptable, able to find the easy way, a good listener? (*Peaceful**)

(*Popular, Powerful, Perfect, and Peaceful are terms used in "Wired That Way" by Florence and Marita Littauer)

12. How might your employees **perceive you** if you are:

POPULAR _____ ?

POWERFUL _____ ?

PERFECT _____ ?

PEACEFUL _____ ?

13. What might your **challenges** be as a leader if you are:

POPULAR _____ ?

POWERFUL _____ ?

PERFECT _____ ?

PEACEFUL _____ ?

14. What have you discovered **about yourself** as a leader?

Regarding **emotional intelligence**? _____

Regarding **your own personality**? _____

15. Based on this understanding, what will you do to **improve your leadership skills**?

16. Who will hold you accountable – and how will you create the trust that will allow them to do so?