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**Leadership Development Program:**

**Pre-Module 3 Self-Reflection**

In Module 3 we will look outward; we will delve into how our mindsets, beliefs, and biases create the “stories” that affect how we communicate. We will practice how to shift our perspectives in the service of understanding others and building and maintaining solid relationships.

**Part 1- Pre Session**:  Reflect on an interaction from the past that didn’t go as you expected or intended.

|  |  |
| --- | --- |
| **Describe the problem from your point of view.** | *(e.g., The presentation that Greg and I prepared for our manager didn’t come out well and we didn’t get our budget approved. If Greg took this seriously and pulled together the numbers we needed we wouldn’t be in this situation.)*  Click or tap here to enter text. |
| **My data.** | Click or tap here to enter text. |
| **Describe the problem from the other person’s point of view.** | *(e.g., The presentation that Susan and I prepared for our manager didn’t come out well and we didn’t get our budget approved. If Susan had just set aside more time to work on this with me, we would have been OK.)*  Click or tap here to enter text. |
| **Their data.** | Click or tap here to enter text. |

**Part II – Post Session:**

**Identify a conversation in which you would like to try a “re-do”. What would a re-do look like? What would get in the way of you asking for it?**

Click or tap here to enter text.

**As a result of completing this module, I have learned the following about myself:**

Click or tap here to enter text.

**As a result of completing this module, one thing I will do differently or more intentionally – and by when – is:**

Click or tap here to enter text.