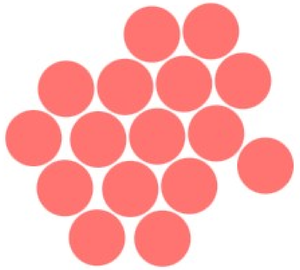
How would you describe your level of self-awareness?



1	Yoda level - fully tapped into my emotions & totally able to regulate my behaviour
16	Emerging Jedi - Have a growing sense of who I am & understand what keeps me away from the dark side
0	Apprentice - Just beginning to recognise the importance of knowing myself...need guidance
0	Currently on the dark side - often unaware of what is going on for me until it is too late

What **ONE** meaningful action/insight are you **WILL** apply after today's session?

Be the agent of getting feedback!

"What got you here, won't get you there". Keep moving forward.

Catch it, check it, change it.

Creating a PDF / personal development folder to compile and revisit feedback. Also remembering what gets you here, might not get you there or to the next level.

Seek feedback from trusted colleagues

slow down enough to make sure i'm taking time to 'notice'

Asking for measurable feedback. my review was very high level and I didn't find it helpful but didn't really push on it

Ask for more feedback .

What **ONE** meaningful action/insight are you **WILL** apply after today's session?

Apply Catch it / check it / change it to my reactions

Slow down, take a beat

Owning my energy to determine when I need to slow down

Be mindful of the impact my behavior has on my team.

Dont be afraid to ask and believe in your gut

Mute myself on meetings, think before speak and be respectful of other participants in teams meetings.