

Leadership Workshop 1:

Leading Self



After attending this workshop the most important thing I learned was:

This is important because...

As a leader it is important to have a number of traits such as self-awareness, commitment, authenticity and motivation. Of these 4, I want to talk more about _____.

Having this trait as a leader is important because....



Everyone, including leaders, can experience “burn out”. One thing I do to care for myself when I am feeling burnt out is....

This helps me reenergize because:

