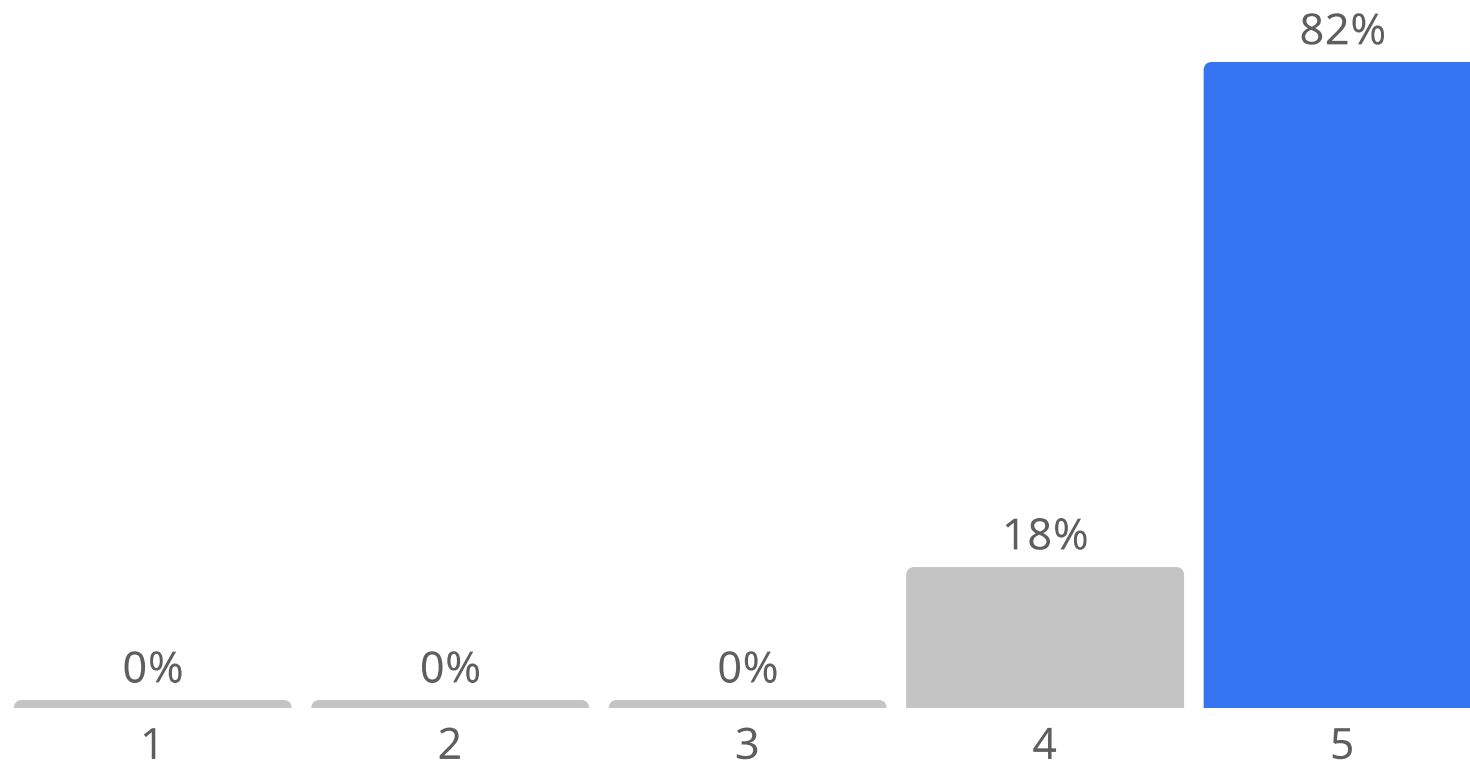


## The value of Emotional Intelligence and the link to Strengths was valuable to me

Score: 4.8



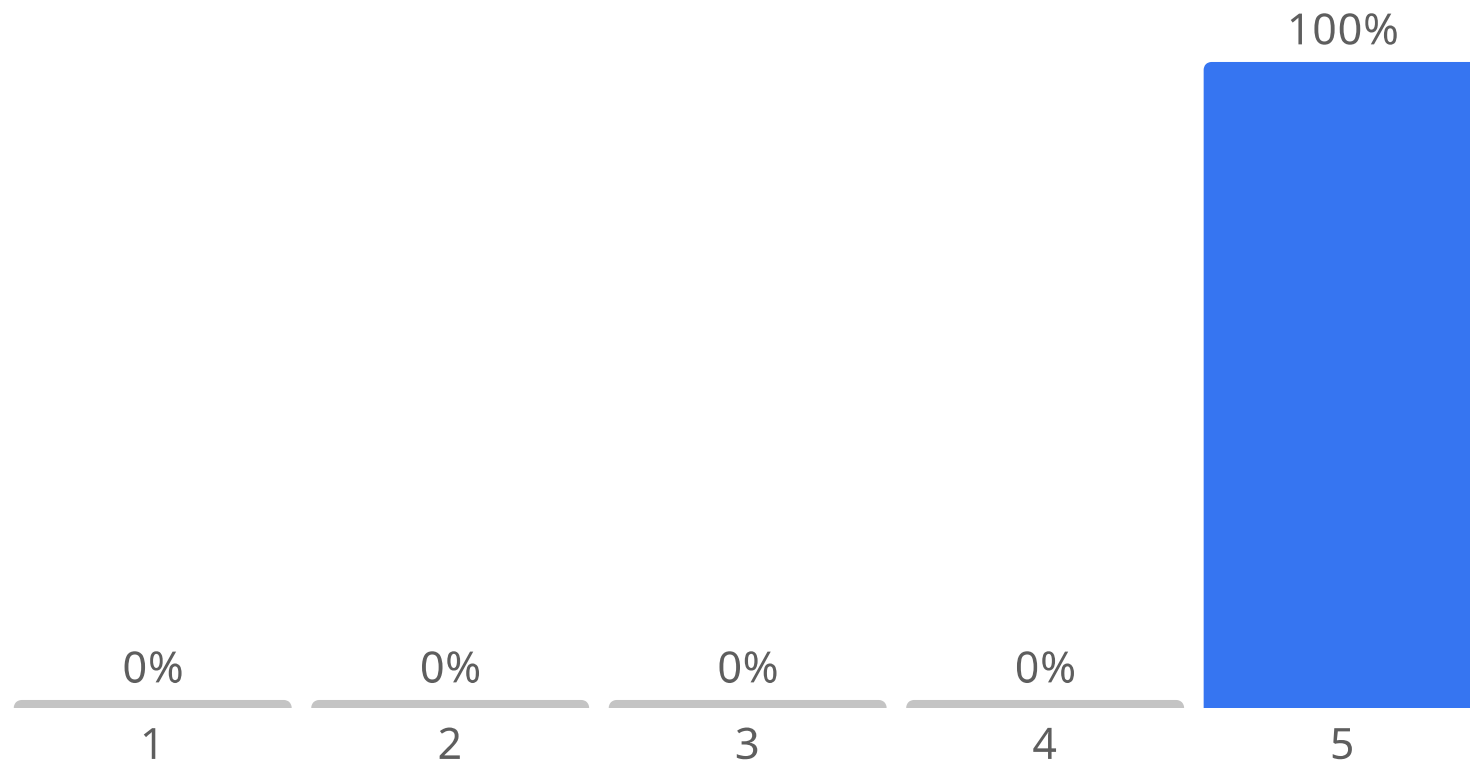
## Rating poll

Session One - Strengths and EQ (2/5)

0 1 1

**Learning about Clifton Strengths resonated with me (1 is low resonance, 5 is high)**

Score: 5.0



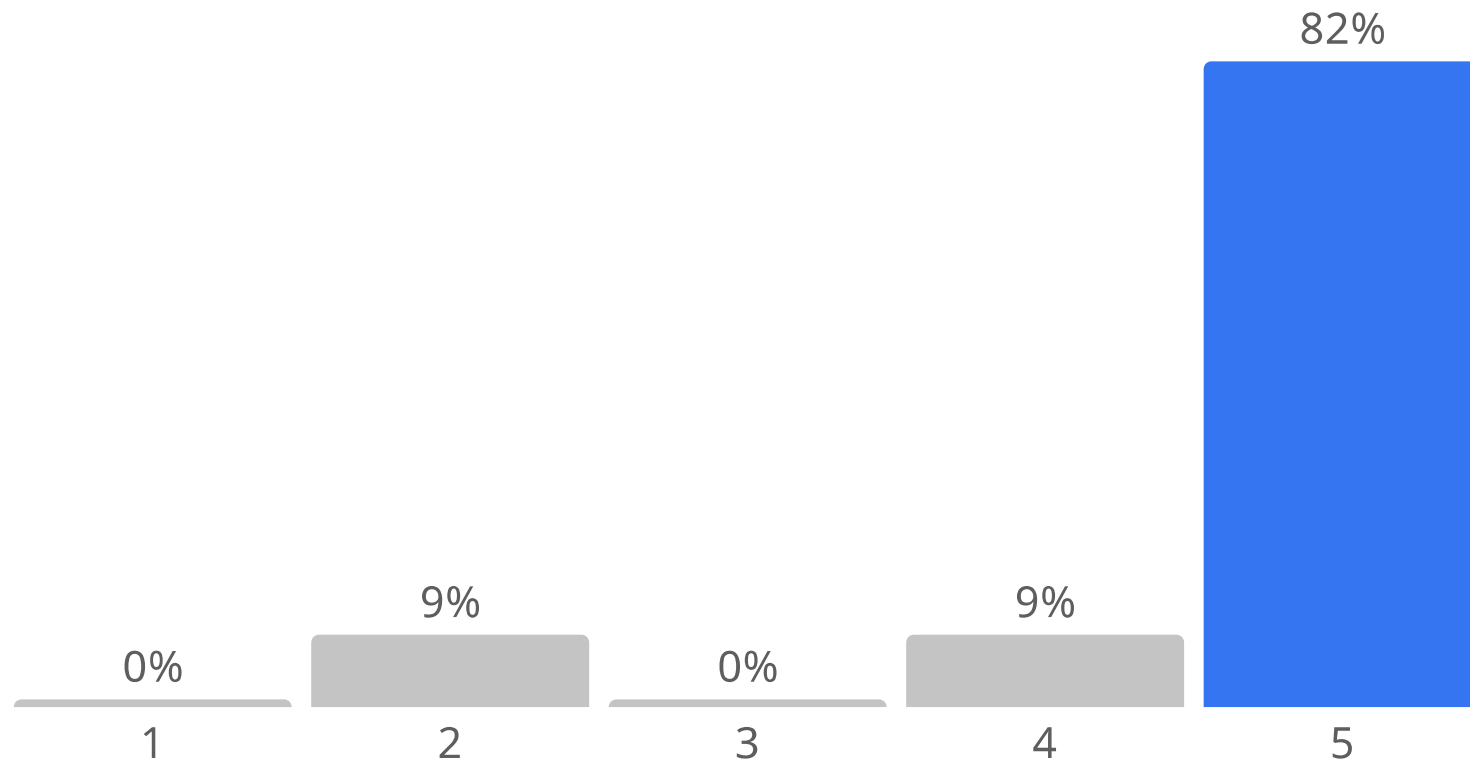
## Rating poll

Session One - Strengths and EQ (3/5)

0 1 1

**Overall my satisfaction with the material we learned about on a scale of 1 - 5 (1 is the lowest) would be:**

Score: 4.6



## What would you like to have spent more time on, or learned more about? (1/2)

- Clifton strengths and to know more deeply the interpretation and how work as a team
- How to work with each other using our strengths and weaknesses
- Learning about each other's strengths and how they think about my top strengths
- Talking with another individual about strengths & weaknesses
- I'd like to spend more time talking with members of the team about their particular strengths and weaknesses! And more training on our particular strengths/themes would be useful too.
- Strengths
- How our strengths compliment each other and how we can leverage our team members to solve problems and make sure they feel appreciated in the process.

Session One - Strengths and EQ (4/5)

008

## **What would you like to have spent more time on, or learned more about?**

(2/2)

- Digging into each others strengths more in-depth. Especially on our own teams.

## What resonated with you the most during this session and will you start doing or keep doing around self-awareness: EQ, Strengths.

- Strengths Balconies and Basement paperwork. A great summary. That resonates
  - Positive strenght because I never thought this would be a strenght of mine.
  - Yes
  - The balcony/basement was helpful and helping me be a little more aware of the weaknesses
  - Keeping others' strengths in mind and relying on teammates
- for what they're good at and hopefully receiving those positive affirmations from our teammates as well is really helpful for team building and teamwork.
- Others strengths
  - Focusing on strengths
  - Tell others what we see in them.

## What I learned about change and the change tool kit was important in this way:

1/5: Not really

0 %

2/5: Somewhat important

0 %

3/5: Important

0 %

4/5: Very Important

42 %

5/5: Critical to our team

58 %

## Regarding the importance of the Team Charter Exercise

1/5: Not important

0 %

2/5: Somewhat Important

0 %

3/5: Important

8 %

4/5: Very Important

83 %

5/5 Critical

8 %



## These two items that resonated most with me this afternoon regarding Change and the Team Charter:

(1/2)

- The strengths themes. Balconies and Basements
  - Everyone having a base set of standards to follow Being able to consolidate the priorities & needs of the team
  - Finding the strengths of my teammates.
  - I love the 8 steps for effective change - that will be so useful to have as a process for both large and small changes.
- I'm super excited to see how our team charter enables us to collaborate more effectively and how we can lead by example for the whole organization.
- Tools for helping others through change like the change charts. Seeing how well we are already aligned in the team charter.
  - Emotions power Stages of change
  - How aligned we all are with