What activity gives you energy?

- Ticking off the To Do list
- Nature
- Going for a walk
- Laughing with friends
- early morning walks sunrise
- New projects
- Problem Solving
- Meeting with friends
- Team achievement
- Great news / good outcomes
- walks
- Having a good nights sleep
- Working with genuine and collaborative people
- Quality time with friends & family
- Picking something up that had lapsed and making it work better
- Supporting the Team to get outcomes
- Collaborative partnerships that drive new growth
- Communicating with the team
- Projects with creative fredom
- Coaching and leading
- Getting tasks completed, particularly those that have been needed a long time
- Eating a good meal
- Research
- Being outside; connecting with others; reading; my cats
- Purpose
- Music and excercise
- Running a small Community event
- New innovative projects to support our community
- Gardening
- Gym
- exercise and outdoors
- meeting new great "like-minded"/ enthusiastic people
- Connecting with like-minded people, finding solutions for complex passion projects together
- Being in nature
- Being in nature
- Starting to tick off tasks make me motivated to complete more
- All tasks related directly to our consumers + addressing areas for improvement & growth

In what environment do you thrive?

- In nature
- Work when I'm not burnout
- Panel discussions
- Like minded can do people
- Relationship building
- connecting with my friends and colleagues
- Being able to work autonomously in a supportive workplace
- Little bit of chaos, lots of energy, lots of noise, little bit of pressure.
- Fast paced and supportive environments
- With minimal distractions
- When people care about the mission
- Collaborating with positive / big picture people
- Working autonomously with the right supports in place
- When under pressure in a work environment
- stategic brainstorming conversations
- At home when supporting the people around me
- Fast paced but manageable chaos
- Supportive, positive and collaborative team environments
- Dry sclerophyll. Outside, in nature, within my passion.
- Collaborative. Supportive Free to try hard things and fail
- Positive and thoughtful spaces. Where people share ideas freely
- Where there's positive energy
- When there good supportive team culture Buzz
- Supportive
- Being trusted
- Variety to keep interested but not chaos
- Where I feel like I am part of a team and am well supported.
- being part of a happy team working to a shared purpose
- In a busy cafe
- Natural sunlight coming through the windows
- Having a full to do list - always something to move to next
- when in collaboration
- Home
- Positive and inclusive
- Ones where im in control
- Supportive and collaborative

What might be your blindspots?

- Time estimation on some tasks
- Not letting people work something out for themselves
- Details focussed when they don't matter as much as I think they do
- When to be firm and deliver the NO
- Time Management
- Sometimes I'm so focused on one thing it's hard to see others
- inability to see the blindspots
- Not confident to be a team leader
- Doing everything so i know it gets done
- thinking i can do everything and fix everyones problems
- Self inflicted pressure and stress
- Time management
- Too mich pressure on myself
- Too accommodating
- Task focused
- delegration
- Saying yes to all opportunities
- Self-doubt
- How others (who do not deal with directly) view me
- Staff emotions
- Being unable to switch off - always needing to be productive
- How others perceive my leadership style
- too accomdatong or taking people opinions on to much
- Time Management
- Not being able to let go of control on certain things.
- Knowing when to slow down
- Pace - slowing things down
- Noticing the small things that predict change
- Switching off
- Often too focussed on the bigger picture
- Not factoring in time for the "unexpected"
- taking on too much and then getting overwhelmed
- Other people's not being supportive

What do you find yourself avoiding?

- Time heavy emails
- admin and emails
- Tasks that require me to call and sit on hold
- tough conversations / having to give feedback that I know may not be agreed with
- Things that aren't critical to complete or dealing with entitled people. Busy work
- Tough conversations
- Delivering negative feedback (instead highlighting what I've done wrong)
- Situations where the outcome can be negative
- Difficult conversations and conflict. Work planning
- Personal admin, difficult conversations, HR queries.
- things that can wait eg: personal paperwork
- Lengthy reading, boring tasks
- Difficult conversations, especially when you know the person doesn't respond well to feedback
- Conflict when you are aware there wont be a outcome
- Conflict
- Professional Development
- difficult conversations Formal Emails
- Difficult conversations/ delegation
- Finding time to upskill that requires sitting still
- Data control
- Mundane tasks
- Updating Policies and Procedures
- Hard conversations or situations that may come with disagreement
- Professional supervision - find it hard to talk about myself
- Awkward/ difficult/bossy conversations
- Larger tasks that don't align with a high productivity, hyperfocus day (ADHD things)
- Training - tend to prioritise lower
- report writing
- Emails.
- Admin tasks

How do you feel when you hear it?

- Surprised then chuffed
- Appreciated
- Seen
- Seen, feel like I am doing my purpose
- gratitude
- Validated
- thankful for life
- Joyful and even emotional
- Positive and inspired
- Grateful, but sometimes doubt myself, do I deserve it?
- Happy that people appreciate me
- charged up
- If it's not something I can improve on not much tbh
- Grateful that my positivity rubs off on others in the taem
- Sometimes caught off guard as it's not something I try to do
- encouraged and motivated
- Panicked and fraudulent. Vaguely hopeful that I might be doing an ok job.
- Validated
- uncomfortable
- Warm and fuzzy, proud
- It's an achievement
- assured, confident
- Re-assured
- embarasssed
- Appreciated and inspired
- It meets my expectations of how I intend to lead
- empowered Bounce in my step
- Empowered
- Uncomfortable as it is just my
- Positive
- GratefulLimi
- Confident, grounded, happy
- Valued
- Proud

What compliment do you often hear about yourself?

- Im very positive and have lots of energy
- Im wise and good with relationships
- Knowledeable
- What I've built is great
- Calm and considerate
- That I have built a great team vibe
- Im easy to talk to and share with
- I make a lot of things happen
- i develop strong and safe culture
- Good at connecting people
- Good problem solver
- That I'm a positive person
- Available and supportive
- strong, deep thinker
- Calm, kind, thoughtful
- Hard worker, gets things done
- supportive
- Resilience and supportive, friendly
- Calm, good leader and mentor
- Clear communicator
- Passionate about what I do
- Available and supportive
- able to work in stressful situation and stay calm
- Supportive and team-oriented
- People empowering
- Nothing seems to bother me
- Understanding and knowledgeable
- That I am in the right role / the role is well suited to me
- easy to work with and shares knowledge and experience
- You are not allowed to leave (organisation)
- Capable
- Incredible memory for detail
- ? Passionate. I don't particularly like praise