

Hello!

We are excited to meet you in the New Supervisor Orientation course. To prepare for our time together, please answer the three questions below. To provide additional clarity, there are sub-questions (bullet points) you can consider.

Recalling these three areas of our lives gives us a glimpse into who we are and have always been, and how each of us uniquely express ourselves in leadership and life.

This exercise is meant to only take a few minutes per question. Write down the words, ideas, and memories that come to mind most easily.

See you in class!

1. Childhood Memories

Childhood memories are powerful; they can connect to what drives and inspires us. Even after many years, these memories can transport us to an emotional and mental place. The answers to these questions include moments when we were at peace with the world and ourselves. They take us back to a place where 'who we are' began.

Question: What did you especially love doing when you were a child? What was meaningful to you?

- What large or small event sticks out in your memory, even if you don't know why?
 - Describe a moment and how it made you feel.
 - How did it resonate with you? How did you respond?
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2. Life Crucibles

Our ability to understand who we are, and operate daily in our purpose, is connected to some of the most challenging events and moments in our lives. By examining how we responded during the times we were tested, we can better see who we are, and how we show up as leaders.

QUESTION: What were your most challenging life experiences (personally or professionally)?

- How have they shaped you?
- What within you was key to getting through these experiences?
- How did you show up and/or respond to them?

3. Passions

We enjoy and 'get lost' in doing some activities because they are tied to who we are. They connect in some way to who we have always been. These things are not necessarily what we are good at, tied to our jobs, or activities we are currently involved in. But rather, these activities, or an aspect of them, have likely been around for a while and can transport us to a place of peace, clarity, confidence, and positive energy.

QUESTION: What is your passion?

- What can you get lost in? Spend endless amounts of time doing?
- What energizes you?
- Describe how you feel when you were fully experiencing your passion.