

Interview Questions

Emotional Awareness and Changes

1. **How did you feel about the meeting agenda before it started?**
2. **Did your feelings about the meeting change during the discussion? Please describe.**
3. **Can you identify any specific moments or topics that altered your emotional state?**
4. **How would you describe your emotional state at the end of the meeting?**
5. **Were there any instances where you felt your emotions aligned with certain project priorities?**

Emotional Influence on Decision Making

6. **Do you believe your emotions influenced your decisions or opinions during the meeting? Interesting,**
7. **Can you provide an example where your emotional response impacted your perspective on a project issue?**
8. **Did you observe emotions affecting others' decisions or viewpoints? Please elaborate.**
9. **In what ways do you think emotional responses shaped the meeting's outcome?**
10. **How do you think managing emotions differently might have changed the meeting's result?**

Emotional Triggers and Management

11. **What topics or comments triggered the strongest emotional responses during the meeting?**
12. **Were these emotional responses mostly positive, negative, or mixed?**
13. **How effectively do you think emotional reactions were managed during the meeting?**
14. **What strategies would you suggest for better managing emotions in future meetings?**
15. **Did the emotional climate of the meeting facilitate a productive discussion? Why or why not?**

Reflection on Emotions and Priorities

16. **Reflecting on the meeting, do you think the final priorities were influenced by emotional responses?**
17. **What role did emotions play in discussing and setting priorities for the project?**
18. **How could emotions be better channeled to assist in confirming project content priorities?**
19. **What would you change about the way emotional responses are handled in these meetings?**