

Quick Self-Reflection for New Managers

Let's try a quick exercise to see how you're doing in each of these areas.

Instructions: Answer each question honestly and concisely.

1. What feedback have you recently received that has surprised you?

2. Describe your latest professional setback. What have you learned?

3. Which area (technical, interpersonal, or leadership) do you feel the least confident in?

4. What's the most significant change you're currently experiencing at work? How do you handle it?

5. Name one leader whose approach you want to adopt. What specific characteristic appeals to you?