

## **Strengths and weaknesses that you identified which relates to facing interviews**

I can be too critical of myself. A pattern I've noticed throughout my career is that I often feel I could have done more, even if objectively, I've done well. Earlier in my career, this led to burnout and negative self-talk. One solution I've implemented over the last three years is to actively pause and celebrate my achievements. Not only has this helped my own self-esteem, it's helped me genuinely appreciate and recognise my team and other support systems."

I'm naturally shy. From high school and into my early professional interactions, it prevented me from speaking up. After being a part of a workgroup that didn't meet our strategic goals two quarters in a row, I knew I owed it to my team and myself to confidently share my ideas. I joined an improvisational acting class—it's fun and has really helped me overcome my shyness. I learned practical skills around leading discussions and sharing diverse perspectives. Now, in group settings, I always start conversations with the quieter team members. I know exactly how they feel, and people can be amazing once they start talking

I default to believing that I can solve any problem on my own. This works well in some situations, but in many cases, I need the help of others to overcome factors beyond my control. In one instance last year, I was organising a client event that had a lot of different components. It wasn't until after the event that I realised how narrowly I had pulled it off. I was trying to manage everything from the strategic plan down to the tiniest details, like table settings. I did a lot of self-reflection afterward. Since then, I've been training myself to take a step back before diving into problem-solving mode and I identify people or groups that can be resources to me.

I've always been a procrastinator. I used to think it wasn't such a bad habit because I was only creating stress for myself. But when I was working for cquirts Company several years ago, I was on a group project where I could see how my putting things off to the last minute created stress for everyone else. It was a wake-up call. I started creating daily schedules that held me accountable to my team, and I broke the habit. It was hard at first, but using the Agile process was a real breakthrough in my workflow and mindset.

I tend to be a perfectionist and can linger on the details of a project which can threaten deadlines. Early on in my career, when I worked for ABC Inc., that's exactly what happened. I was labouring over the details and in turn, caused my manager to be stressed when I almost missed the deadline on my deliverables. I learned the hard way back then, but I did learn. Today I'm always aware of how what I'm doing affects my team and management. I've learned how to find the balance between perfect and very good and being timely