

Self Evaluation

Self Evaluation (3-5 minutes each)

Please share:

1. Your brief **introduction** (30 sec)
2. Your **key learning** from this UHV orientation (3-4 min)
 - Three key proposals you could verify, experiment (share a relevant incident)
 - Thoughts before & thoughts now (about happiness, prosperity, excellence, competition etc.)
3. Your **commitment** – Specific future plans related to UHV (30 sec)

Please be mindful of the time (3-5 minutes)

Please stick to the 3 points, above