

When looking at the leadership matrix, three main things stand out. Firstly, I believe my awareness of individual strengths and weaknesses to be quite strong. I see most things very realistically, and that includes what I am and am not capable of. This helps me know what tasks I can take on and complete easily, what I don't know but can figure out on my own, what I can figure out with some help, and what I'm not yet ready to learn. This is useful throughout almost every aspect of life, as I rarely find myself in situations I'm totally unprepared for, yet am able to challenge myself enough to grow my skills. Secondly, my effective communication skills. I find myself to have very effective communication and leadership skills when working with people I know, but they very quickly break down when talking to strangers. I don't think the core of these skills needs any particular improvement, but I need to learn to apply these skills in more situations that I'm currently more uncomfortable using them. Lastly, I need to become more organizationally savvy. I know a lot about how many organizations function and how people should act in different positions, but I find myself struggling to actually fulfill those roles at times. For example, I know how to write a good professional email, but I struggle to get past my nerves and force myself to actually ever write and send one. I feel this is very important to improve as I already have most of the skills, but not being able to use them is debilitating in any professional setting.

I showcased my leadership competencies by matching specific skills with the S.T.A.R. method by naming the leadership skill, giving an example situation where it was used that could closely relate to the opportunity I was interviewing for, explaining how that skill was used in that situation, and explained how that skill led to positive results, with one such example explaining a new skill that was learned in the process. Though the information I gave in this section was good, the presentation of it wasn't. As mentioned, I can sometimes get extremely nervous around people I don't know well, and in this case, it led to me fumbling over my words and overall being an absolute complete mess. This has historically been an issue in only some interviews, where sometimes I fumble into a complete mess, and sometimes I'm able to have a continued relaxed conversation. In order to correct these issues noted by my peers and myself, I need to

find the core issues of what makes me nervous in some of these situations, and find ways to overcome them.

I plan to achieve this by using a S.M.A.R.T. goal. I want to be able to clearly and comfortably present to and interview with various groups in various situations. I plan to do this mainly through practice. I'll take every opportunity to practice this skill that I come across, from simple comfortable situations like playing Patently Stupid with my friends, a party game based around presenting your idea to win over investors, to more difficult situations like attending career fairs and interviewing professionally with real employers. I especially think I could benefit from giving this 60-second pitch at career fairs where I don't necessarily have the ability to prepare as much as I'd otherwise like to. To measure these goals, I'll likely rate each interview on a scale of 1-10. It's hard to set a specific numerical goal on an arbitrary 1-10 scale, but I'm mainly aiming for consistency, so as long as I can keep these numbers over 6 or 7 for a period of time, I'll consider this goal achieved. I believe this goal is achievable, as I tend to overcome things like this with enough exposure. This is relevant as it'll help me be more comfortable in otherwise uncomfortable professional settings, especially in newer environments and when interviewing. I hope to have this goal completed by the time I'm looking for another job or internship, likely next summer, giving me approximately 7-10 months to complete this goal.

This goal directly addresses the main issues presented by my group members. I was very nervous and shaky when giving my 60-second presentation, and this should help me be more comfortable and present myself much better during interviews. I'll take action on this by taking every opportunity to push myself further past my comfort zone in this area, and I'll evaluate my development by tracking each instance on a 1-10 scale in a journal.

Throughout summer, fall, and spring semesters, I'll be taking every opportunity available to me to practice these skills. Specifically, during the fall, I'll be working an internship and have professional interactions throughout the semester, and during the spring, I'll go to career fairs and have these quick, tough, low-preparation interactions/interviews. The final deadline to be better at this than I am now by the time I'm searching for a new position, which I believe to be very feasible.