

My Notepad

MODULE 2

My goals during the program are:

- Test

Where do you spend your time preparing?

20% Verbal

30% Vocal

50% Visual

MODULE 4

Filler words I hear others use:

- Like
- Umm
- Ok

Filler words I use:

- Hmm
- just

What are your Pivot Points?

You are in control of your behaviors of trust. Which two will you focus on?

- Vocal variety

- Gestures

MODULE 5

How did the Cornerstones make a difference?

Yes lknjp;senfdos'kedxf vs;ldv ;dx/vm d.cfv, l,cv ;cmv cv;/df;kxvnd;fx/v
ndf'clvmvmsla
zsdnazsfl/am.fsl'zf/mncsd'lfmrvsd
fvnskdlx'</mnsdkxl;/m.vfs esf

MODULE 7

Don't forget your Pivot Points! You're working on:

- Vocal variety
- Gestures

My 3x3 Feedback

Keepers:

1. Ledkn csd

Improvements:

1. N.mednfdc

How do you feel about your progress?

Good nl;eksfdn;sedfmnsk'd;fxv d'lfq,v dcflmrfd;gmndflkgbmfdb/fgm
b./c.vbdfcb dfgcvmdflg;ldflnrneefnl

Specific Actions you can take:

- Ask for 3x3 feedback from a colleague or boss.
- Offer 3x3 feedback to a colleague or boss.