

My Notepad

MODULE 1

sefdfssef sdffdf dg g dbf gdf grds g ge f ew g

MODULE 2

My goals during the program are:

- G1
- G2
- G3

Where do you spend your time preparing?

70% Verbal

20% Vocal

10% Visual

MODULE 3

note 1

How did it feel to dart your eyes quickly?

Ok

Did it feel more like eye communication when you had to look for 5 full seconds?

Describe in a few words.

Ok fine

MODULE 4

Filler words I hear others use:

- Test
- Test2
- Test3

Filler words I use:

- Test4

note 6

What are your Pivot Points?

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

- Posture
- Pausing

MODULE 5

note 1

- Try another video! Go back to the beginning of Module 7 and practice before your next meeting.
- Ask for 3x3 feedback from a colleague or boss.
- Offer 3x3 feedback to a colleague or boss.