

# My Notepad

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## MODULE 5

How did the Cornerstones make a difference?

A lot of difference nnn nnnn nnnn nnnnnnnnnnnnnn nnnnnnnnnnnnnn  
nnnnnnnnnnnnnnnnnnnn nnnnnnnnnnnnnnnnnnn nnnnnnnnnnnnnnnnnnnnn  
nnnnnnnnnnnnnn nnnnnnnnnnnnnnnnnnn nnn

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## MODULE 7

My 3x3 Feedback

Keepers:

1. Pausing

Improvements:

1. Eye contact

How do you feel about your progress?

Great

Specific Actions you can take:

- Complete a Grid for your next conference call, meeting or presentation.
- Ask for 3x3 feedback from a colleague or boss.