



Time Management, Mood and Feedback

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Final Project Proposal



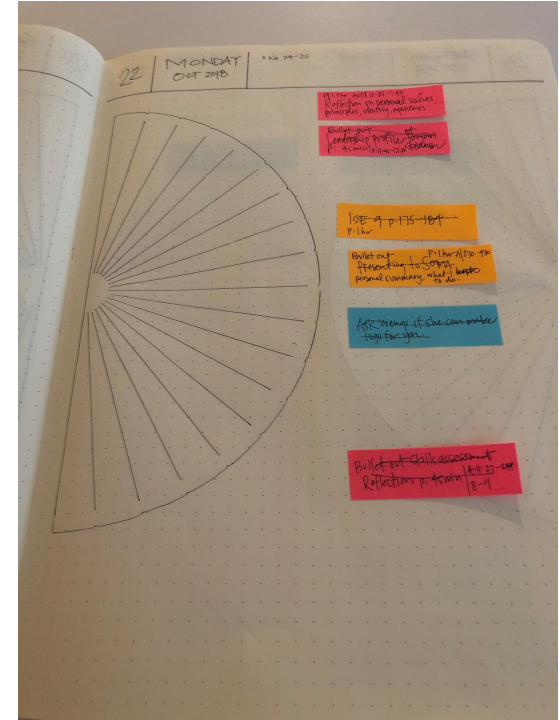
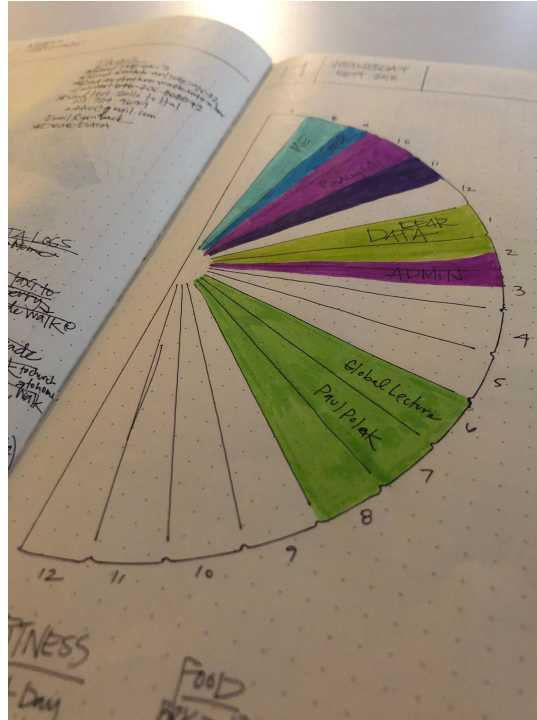
Pulling together Leadership and Data Vizzzzzzzz

I want to understand my moods
associated with managing my
time and completing assignments.

Background Info

“Research has shown that people with ADHD are poor at estimating time. This means you may not be a good judge of how long certain tasks take.”

Dr. Mary Solanto, Cognitive Behavioral Therapy ADHD Researcher



Background Info

The fact of the matter is,
you cannot control or
manage time.

However, you can manage yourself.

Inspiration

The fact of the matter is, you cannot control or manage time.

However, you can manage yourself.



Questions to Ask

What are the motivations that drive task completion?

How do these affect my interactions in groups?

Do my moods align with the values I want to live by in collaborative spaces?

How do my moods change over time by becoming more aware of what they are at different times?

What can I learn from this data to become a better collaborative leader?

What's the objective?

The goal is track my moods before, during and after tasks to become more aware of my moods and emotions in my working environment and better aligning them with my leadership values.

Sketches

	TEAM MEMBER ①	TEAM MEMBER ②	TEAM MEMBER ③
PROJECT			
Communication			
Participation			
Listening			
Execution			