

Professional/Personal Balance Sheet

Lindsey Matysik – February 23, 2019

Assets ("At my best")	Liabilities ("At my worst")
<p><i>Essence:</i> While I have always considered myself to have a high emotional intelligence, it was valuable to see that other's around me like my direct supervisor and colleagues see that same strength as well as other strengths that were identified on the report. The strengths I identified below will help immensely as I pursue a leadership or management position in higher education.</p>	<p><i>Essence:</i> After examining my report, it is evident that my scores were mostly good (3.0 score or higher). However, the report provided valuable feedback on areas that I can work on as I move throughout my professional career path.</p>
<p>Emotional Self Awareness:</p> <ul style="list-style-type: none"> • Acknowledges own strengths and weaknesses <p>Achievement Orientation:</p> <ul style="list-style-type: none"> • Seeks to improve by setting measurable and challenging goals • Strives to improve own performance • Seeks ways to do things better <p>Emotional Self-Control:</p> <ul style="list-style-type: none"> • Acts appropriately even in emotionally charged situations • Remains composed, even in trying moments • Remains calm in stressful situations <p>Empathy:</p> <ul style="list-style-type: none"> • Understands others by listening attentively • Understands others from different backgrounds • Understands others by putting self into other's shoes <p>Coach and Mentor:</p> <ul style="list-style-type: none"> • Coaches and mentors others • Cares about others' and their development • Provides feedback others find helpful for their development 	<p style="text-align: center;"><i>Strengths Overused</i></p> <p>Empathy – I can connect with people on virtually any level, but unfortunately, overly empathetic people can sometimes be placed in situations where they are taken advantage of or manipulated.</p> <p>Coach and mentor – I want those to succeed around me. In the future, it is pertinent that I am able to coach and mentor others without impacting my workload or slowing down my progress.</p> <p style="text-align: center;"><i>Shortcomings</i></p> <p>Pattern Recognition:</p> <ul style="list-style-type: none"> • Uses metaphors or analogies to describe themes or patterns <p>Systems Thinking:</p> <ul style="list-style-type: none"> • Explains how certain things affect others resulting in a particular outcome <p>Influence:</p> <ul style="list-style-type: none"> • Convinces others by appealing to their self-interest <p>Conflict Management:</p> <ul style="list-style-type: none"> • Tries to resolve conflict by openly talking about disagreements with those involved <p>Positive Outlook:</p> <ul style="list-style-type: none"> • Sees possibilities rather than problems