



I to the 4th Power

Session 1 Homework and Session 2 prep

Homework:

- Program Focus – Strengths and Weaknesses

My Growth Focus:

Strengths

1. Two strengths I learned about based on my style are: _____

2. Those positively contribute to my teams work by:

3. This is especially helpful to the _____ style(s), for whom these attributes don't come as easily.

Opportunities

1. Two areas that can derail my style when we get stressed are: _____

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2. The impact on the team can be: _____

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3. Especially for the _____ style(s), who might be sensitive and/or negatively impacted by that behavior in me.