

GENERAL INTRODUCTION - EXERCISE

Reflecting on the past period

- **For those who have done Module 1:** Reconnect with the work done in Module 1 and review progress on your personal action plan.
 - What are the lights and shadows of the last months?
 - To what extent have you been able to make progress in your personal project?
 - What has helped you, what has blocked you?
- **For everyone:** Looking back at the past six months, which collaboration experiences come to your mind?
 - What made these experiences stand out? What factors made them positive?
 - Where have you experienced challenges in working with others?
 - What did each experience teach you?

Assessing your current interpersonal leadership capacity

- How would you assess your interpersonal leadership capacity - essentially, the way you relate to and manage other individuals, groups and teams? Take the time to download and fill in the Survey you will find in “Additional Resources”.
- Invite 2-3 colleagues to answer the same questions for you. How did their results match yours?
- What insights can you draw from your discussion? What are your interpersonal strengths (at least 3-5)? What effect do these strengths have on others?

Beginning with intention and purpose

- Take some time to think about the relationships you are currently involved in and how this module might help you manage each one fruitfully. Be prepared to share these thoughts with some colleagues (A table is provided as a guiding template. Feel free to download and fill it in).
- Based on the previous question, how would you formulate in one sentence your desire or intention for this module?

ADDITIONAL EXERCISES

There are currently no additional exercises for this section