



Fundamental beliefs that guide my behaviour personally and professionally.

Freedom, Simplicity, Integrity, Challenge, Bold Courage, Connection, Contribution

Strengths are my highly developed skills and talents that lead to excellent performance. Blots (short for blindspots) are areas of myself that interrupt my success (traditionally these are called weaknesses).

Strengths: Visionary, Inclusive, Agile, Collaborative, Disciplined, Creative, Accountable
Blots: Organized/Rigid

A combination of my core values, my unique value add/approach and the desired culture I want to build.

I am leader who is flexible purposeful and committed to learning and growth that brings empathy, structure, vision to create/inspire a culture of accountability, trust and respect where everyone genuinely thrives.

3 key audiences and the intentional actions that I will take this year to nurture them.

Team - develop norms, lead consistent meetings
My Leader - weekly connection point to share wins, stuckpoints and needed support
Industry Colleagues - monthly connection with a new member of association to grow network

Consistent behaviours that I need to stop, start and continue that lead to my personal and professional success.

STOP timewasters START speaking consistently about mission on all platforms
CONTINUE daily habit stack in morning (yoga, water, walking)

My Goals that are specific, meaningful, have accountability, defined resources, and are timestamped. (capture the essence of 2 goals)

Goal 1 - Nurture and improve peer relationships
Goal 2 - Define and implement an effective meeting structure for my team, leader and peers