

Recommendations for Development

Do you feel that your current work environment is a good fit for you? If not, what are you noticing?

Is the place running too fast for you? How can you slow it down by 10%?

Do you know who your co-workers are?

What is it that makes you feel uncomfortable about the work environment?

Reverse gap: What is it about the environment that you find too “busy” or overwhelming?

To Do:

List 2-3 people you would like to socialize more with. State how this can likely take place:

- 1.
- 2.
- 3.

You can improve your comfort with the environment by doing the following steps:

Identify two people/resources you could connect with that would improve your work environment:

If you feel stressed from running too fast at work, take 10 deep breaths to calm yourself down and to get grounded.

The one thing you would change about your current environment is: (please share with boss/decision maker)

