**Leadership Challenge Assessment**

Visualize one or two leadership experiences you were involved in over the last few weeks. As you think back on those moments, read through the lists below and check which statements accurately describe your behavior.

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| --- | --- | --- |
| **Toughness** | **Trust** | **Connectedness** |
| * I lead by example and strive for personal growth * I am honest with my doctors about my health. * I communicate when I “hit a wall” and take the necessary time to recharge * I take proper leave to connect with my family, friends and interests * I admit imperfection and am willing to share experiences of perseverance and failure | * I empower and include my colleagues when possible * I contribute to the growth of my shipmates * I take care of my shipmates by understanding and respecting their needs * I value diverse perspectives and identify and leverage unique skillsets * I am aware of cognitive bias, unconscious bias and group think and know how to combat each effectively * I tell someone if I’m uncertain about my performance in order to proactively correct | * I employ empathy in decision-making * I treat people with respect in all circumstances * I am available to Shipmates for giving advice and receiving feedback * I acknowledge successes and know how to give professional compliments * I create opportunities for social connectedness at work * I regularly invest in relationships and my support network while connecting and mentoring new people on a regular basis |

How many behaviors can you successfully check off? Which behaviors would be beneficial to include in your leadership strategy? Are you actively demonstrating **toughness, trust and connectedness**?