



Empowering the Iowa Girl

Leadership. Culture. Character. Performance.



EXCELLENCE
WITH INTEGRITY

TOOLS®

COMMUNICATION/CARE-FRONTATION SELF-STUDY

Select a PERIOD OF TIME that
you will focus on: _____

Part A) Rate your performance on the following:

1 = **POOR**

10 = **OPTIMAL**



1) ... seeking to understand by asking questions to verify and clarify the perspective of others.

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2) ... attacking the problem by offering feedback that is specific, honest, direct, and solution-focused.

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3) ... being open-minded, growth-focused, and solution-oriented when I receive feedback.

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4) ... considering the best time, place, and approach when planning to communicate with someone.

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5) ... speaking up quickly and positively when I see an issue that needs to be addressed.

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Part B) List what you could do **BETTER or DIFFERENTLY** in the future
for more optimal *care-frontation*: