

## EMPOWERMENT: FIVE TO ENERGIZE REFLECTION

As I continue to grow in my leadership, I'd like to understand how I can help you feel empowered. Consider the following scenario and write down your thoughts. This exercise should take about five minutes of your time. I'd like to discuss your responses during our next one-on-one meeting.

### Example Scenario:

We've just met and I've provided a few new assignments to you. What things energized (or de-energized) you in our conversation? From your perspective, what happened (or didn't happen) to help you feel energetic and engaged?

What added to your energy/empowerment?	What took away from your energy/empowerment?
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.