

# THE BOSS HAT

*Programme*

## WEARING YOUR HAT – Part 1

### Lesson 2 – Habit #1 Being a role model

Have a go at answering the question...

If someone was watching me throughout the day...what do they notice when:

I'm relaxed?	
I'm stressed?	
I'm busy?	
I'm frustrated?	
I'm confident?	
I'm arriving for work?	
I'm leaving work?	

Get some feedback from a colleague or friend about how you come across when:

You're thinking?	
You're stressed?	
You're listening?	
You're busy?	
You're relaxed?	

Answer the following question:

What's it like being on the receiving end of you when:

You're busy?	
You're frustrated?	
You're angry?	
You're relaxed?	
You're focused?	
You're listening?	

What can you do to help people build trust with you?

What can you do to get to know your team better?



NOTES

