

LEADERSHIP PRACTICES FOR EMOTIONAL CULTURE IN YOUR TEAM

Weekly Retro

Think about what the week was like.

What was the positive emotion that best described it?

What was the negative emotion that best described it?

Share a story about why you felt each of those feelings

Describe 3 things that went well last week. What role did you play in them going well?

Now, think about next week.

What emotions do you want to feel?

What can you do to feel more of them?

