

# Worksheet

**The Edge Team Training**  
Module 4 - Session 1

## 1. Inviting Feedback

*Creating "One-Thing" feedback mechanisms.*

### **EXERCISE 1.**

Three questions to ask those you lead or those who lead with you.

1. What one thing do I uniquely bring? (and should continue developing)

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2. What one thing do I need to stop doing?

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3. What one thing can I do better?

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## 2. Build mental strength

*through powerful questions.*

### **EXERCISE 2.**

**Three questions to ask yourself:**

- 1. What "quick fix" has gained a life that I need to deal with?**

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- 2. What upgrade would I like for my leadership – how I want to be known?**

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- 3. What question has been in the back of my mind (about our business) that I have not asked ?**

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