

ASSIGNMENT

DATE _____

Leader Inquiry

Find and interview someone with a stressful job. Ask them the following and record their answers.

LEADER NAME & TITLE/RELATIONSHIP: _____

What are the most stressful situations for you?

What do you do to maintain your composure in those stressful situations?

What are the consequences when you lose composure during the pressure of those situations?

Relating to YOU

With the same individual from the above exercise, share a problem you are currently facing. Discuss in detail your concerns, the possible risks, and hopeful outcomes.