– self score (between 1 & 6)

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| Do you… | ..or.. | ..do you.. |
| 1. Stay calm and collected?
 | 1 2 3 4 5 6  | Tend to get wound up? |
| 1. Avoid bothering others?
 | 1 2 3 4 5 6  | Get immediate support from the team? |
| 1. Find my board, committee, boss add to the problem?
 | 1 2 3 4 5 6  | Get immediate support from above? |
| 1. Believe things will get worse before they get better?
 | 1 2 3 4 5 6  | Believe it will only get better? |
| 1. Believe we are in long-term decline?
 | 1 2 3 4 5 6  | Believe what doesn’t kill us will make us stronger? |
| 1. Shy away from sharing the grief?
 | 1 2 3 4 5 6  | Believe sharing is very useful? |
| 1. Steer your team in moments of crisis?
 | 1 2 3 4 5 6  | Empower your team in moments of crisis? |