– self score (between 1 & 6)

|  |  |  |
| --- | --- | --- |
| 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? |