

## Activity: Start-Stop-Continue



### **STEP 1: Self-Assess**

Select a focus area – pick a relevant topic to focus on, e.g.:

- My Leadership     My Working Relationships  
 My Services     My Teamwork     Other: \_\_\_\_\_

**Do the initial START / STOP / CONTINUE assessment from your own perspective:**

**START:** *What should I START doing that I'm not currently doing? Is there something I'm missing that I think others would find helpful?*

**STOP:** *What should I STOP doing? Is there something I'm doing that may be causing a problem or may not be adding any value for others?*

**CONTINUE:** *What should I CONTINUE doing? What do I think others are finding most valuable or helpful?*

**Activity: Start-Stop-Continue**



**STEP 2: Get Input from Others**

As a follow-on to this course, use the form below to *ask others for their perspective*.

Get input from key colleagues, partners, customers, etc. Ask them to be really honest with you - and then *listen*.

Be open to what you can learn from others and how they see you and your leadership, your services, your working relationships, etc.

**START:** *What should I START doing that I'm not currently doing? Is there something I'm missing that you would find helpful?*

**STOP:** *What should I STOP doing? Is there something I'm doing that is causing a problem or may not be adding any value from your perspective?*

**CONTINUE:** *What should I CONTINUE doing? What are you finding most valuable?*