

BANK MANAGER SCHOOL 2020

WITH KAREN BUTCHER, SENIOR CONSULTANT, VK SOLUTIONS

Assignments for Session #1: Understanding Yourself and Others

Prior to the first session -

1. List your top three manager challenges. Send to karen@karenbutchercoaching.com by Tuesday, May 19th
2. Complete the Right Brain Left Brain Test <https://www.mentalup.co/blog/right-brain-left-brain-test#headline1> (Just for fun, complete one of the exercises.)
3. Complete the Daring Leadership Assessment at <https://daretolead.brenebrown.com/assessment/> email or print your results and study your strengths and opportunities for growth
4. Familiarize yourself with the ZOOM platform – this will save valuable time in class
 - If you have never used Zoom you will need to open the program on your device.
 - You can practice by signing up for a free account
 - Locate the mute, video, and chat buttons
 - We will use polling and breakout rooms during the class (not available in the free version)
 - Don't wait until the last minute to log-in, give yourself time to trouble shoot
 - If your internet connection is unstable you can dial in from your phone for audio only
5. ZOOM Etiquette
 - While you can use ZOOM on your phone you will find it easier to navigate by computer.
 - Keep in mind that the way you see yourself on screen is the way the participants see you.
 - Set up in a quiet space and let others know you are “in a training session.”
 - We find that pets aren't interested in the training so please put them in another room.
 - All background noises are heard.
6. Come to class with a curious mind and willingness to step up and speak out!

I look forward to learning, laughing and growing together.