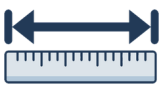


Resources for Leadership, Coaching, and Mentoring

Resources. This is an inventory of the current available Tools, surveys and frameworks. These are found in the handbooks for the programs (Leadership, coaching, and Mentoring) and online <https://www.3qetc.com/resources>

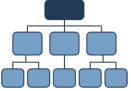
(individual resources email 3Qetc for PW). There are short 3-5-minute videos on all Tools online

Tools & Surveys

	Strengths*		Burnout (i & ii)
	Stakeholder Map		Time management
	Flourishing wheel - wellbeing		scaling
	Fixed growth mindset		Harvard 3Qetc leadership survey
	Self-motivation		People leader feedback survey
	Self-esteem		Leadership hygiene survey
	Self-compassion		Working and leading remotely survey
	Listening		Fulfilment survey
	Self-regulation		New leaders fears survey
	Emotional intelligence		Psychological Safety Survey
	Values exercise		Career mind map
	RE-grow		WOW Work on Wellbeing*

*External strategic partners: Langley (CAPfinity)

Frameworks

	Goal types
	Goal hierarchy
	Regrow
	Effective language and communication
	Feedback

	Unconscious bias
	Journaling
	Self-regulation worksheet
	Reading the room