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**Cobb Chamber of Commerce**

**Leadership Cobb 2024 Health Day**

Our leadership style is formed, in part, by significant experiences throughout our lives. It is important to be aware of how these events have shaped you as a leader, so that you can utilize the best approach depending on the situation in which you find yourself.

Personal Growth Exercise: Please take a few moments this morning to reflect on the most significant memory that you have during the age ranges noted below. Then, think about how that experience/memory has shaped your leadership style and behavior. Dr. Memark will discuss this more during her portion of the day.

|  |  |  |  |
| --- | --- | --- | --- |
| **Age Range** | **Most significant memory for that time period…** | **Belief** | **Behavior** |
| 0-12 years |  |  |  |
| 12-25 years |  |  |  |
| 25-present years |  |  |  |
|  |  |  |  |