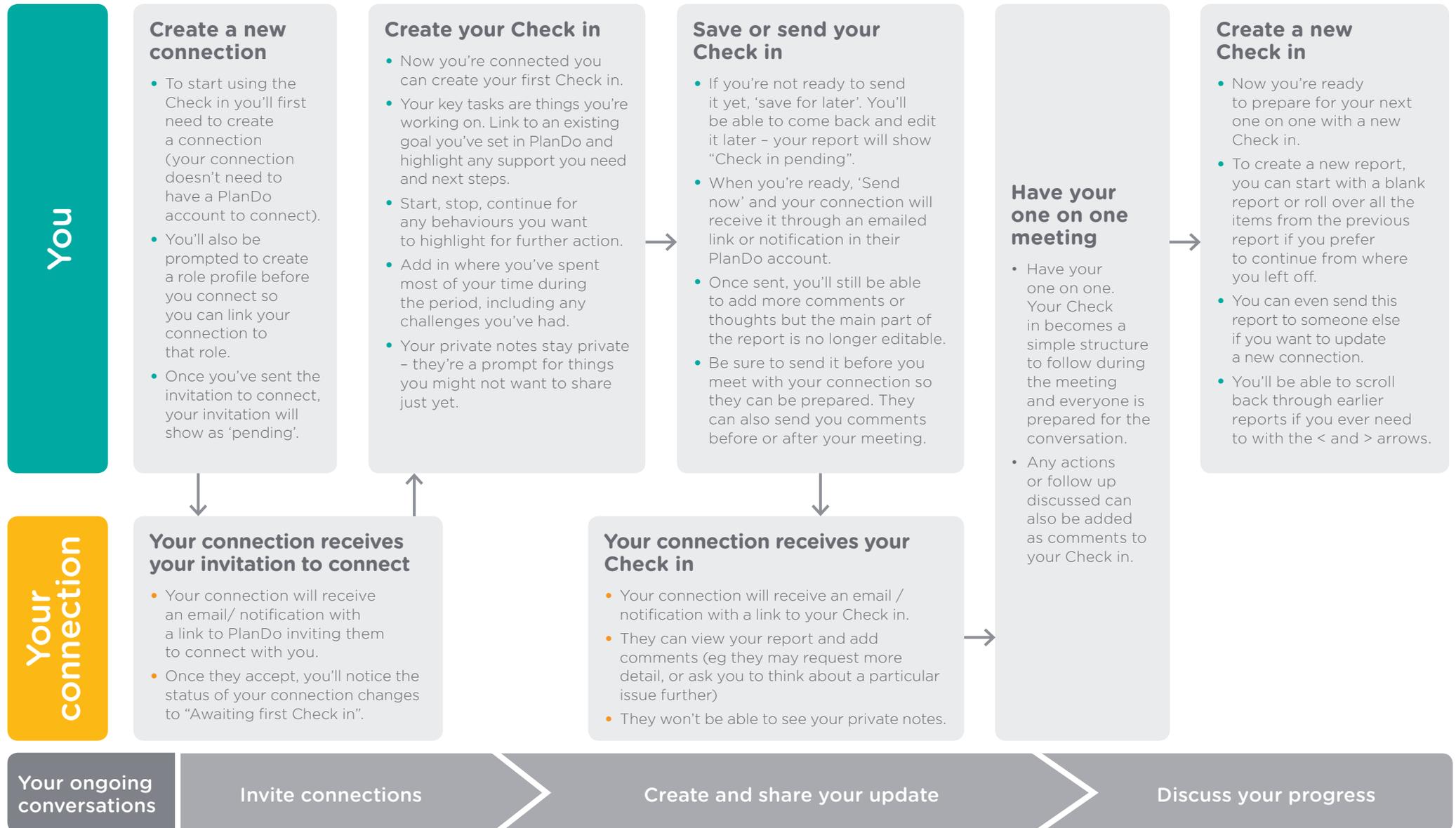


A how to guide for using Check ins to support your one on ones



One on ones support your ongoing performance, growth and success by providing an opportunity to communicate achievements, agree short term priorities, highlight challenges that may need your leader's support, and give and receive regular feedback. Your Check in can help you prepare for these conversations and document agreed follow up. Create as many connections as you want; your leader, a coach, a mentor, a peer. Schedule your conversation and then send a Check in as preparation for the conversation.



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