

PQ }
Motivated me + set me off
Positive feelings
Aura - Charisma

IQ }
Invested in my development

EQ }
Cared about my opinion
Wanted my feedback
Trusted me
They 'got' me ~~Honest~~
Took time to engage
Made me feel valued
Recognised + thanks - unconditional
Supported challenge
Felt safe
Had belief in me
Transparent + authentic
Integrity

SO }
Told me the part I need to play
- link to bigger picture
Shared their vision

DOING

- KNEW WHEN I WAS BEING COMPLACENT
- CO-CREATED STRATEGY TOGETHER
- ALLOWED MISTAKES
- STRETCHED ME - ~~GAVE~~ GAVE ME THINGS ABOVE MY GRADE
- MADE ME THINK ABOUT MY WEAKNESSES
- SUPPORTED ME - WALKED ME THROUGH
- GAVE ME A GUARDIAN ANGEL (MENTOR) (BRODY)
- TOOK A GENUINE INTEREST IN MY P.D.
- REVIEWED PROGRESS
- PROMOTED MY ACHIEVEMENTS TO OTHERS
- GAVE ME TACTICS TO PUT MY SPIN ON
- CHALLENGED ME - OUT OF COMFORT ZONE
- SAW MY POTENTIAL - BELIEVED IN ME
- ASKED LOTS OF QUESTIONS
- NEVER GAVE ME THE ANSWERS - COACHED
- GAVE ME FREEDOM TO DO MY OWN STUFF
- TOUGH LOVE

BEING

- COACHED ME
- PATIENCE
- RECOGNISED / THANKED
- ARTICULATE
- OPEN TO FEEDBACK
- LISTENED
- ROLE MODEL
- NURTURING
- HANDS OFF
- LAID BACK
- HUMBLE
- PASSIONATE
- APPROACHABLE
- HONEST
- CHARISMATIC
- ENERGETIC
- POSITIVE
- PERCEPTIVE
- CHALLENGING
- CARING
- FUN / PLAYFUL