

Intentional Leadership & Engagement Index

Saturday, April 26, 2023 results

CONTACT CONFERENCE 2023

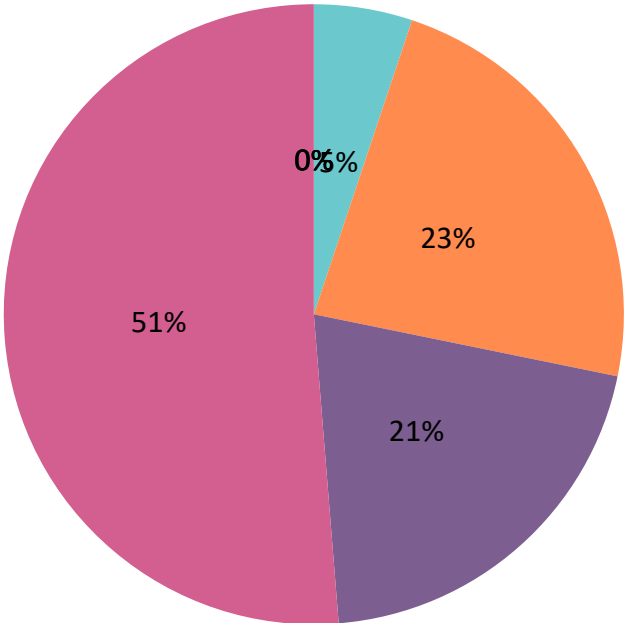
87 Total Responses



Thank you for taking the time.
For more information about Operationalizing Kindness
please visit: www.kindness-speaks.com

Q1: I choose to be more authentic and bring my "whole self" to whatever I do. (values alignment, relationships, skills, knowledge, abilities, etc.)

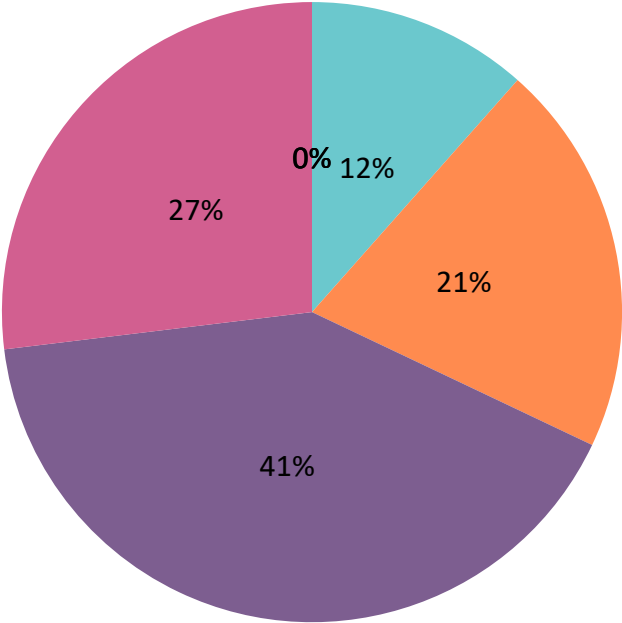
Answered: 87 Skipped: 0



	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👍	0%	0%	0%	5.13%	23.08%	20.51%	51.28%	87	6.18

Q2: I am aware of my emotions and their impact on myself and others.

Answered: 87 Skipped: 0

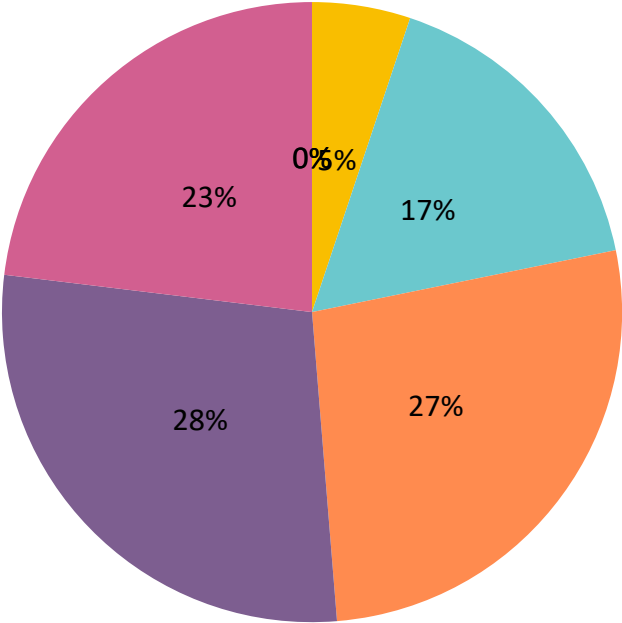


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	0%	0%	11.54%	20.51%	41.03%	26.92%	87	5.83

Q3: I am conscious about spending my time in meaningful and purposeful ways.

Answered: 87 Skipped: 0

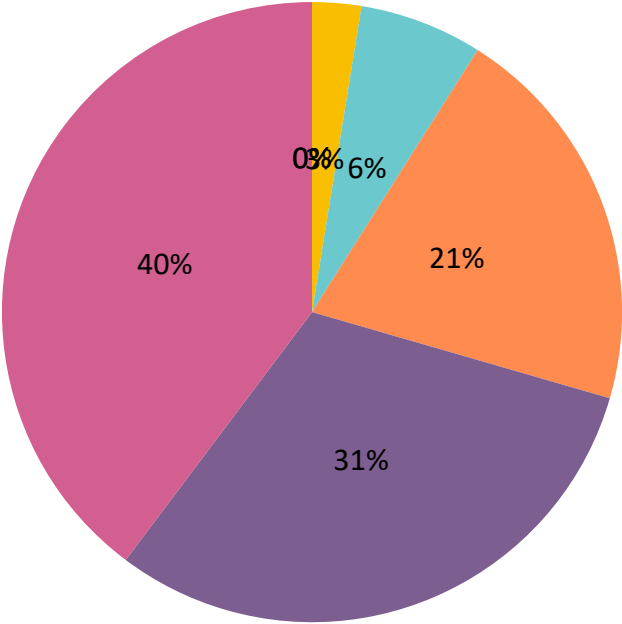


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	0%	5.13%	16.67%	26.92%	28.21%	23.08%	87	5.47

Q4: I am enthusiastic about learning opportunities; even the challenging ones.

Answered: 87 Skipped: 0

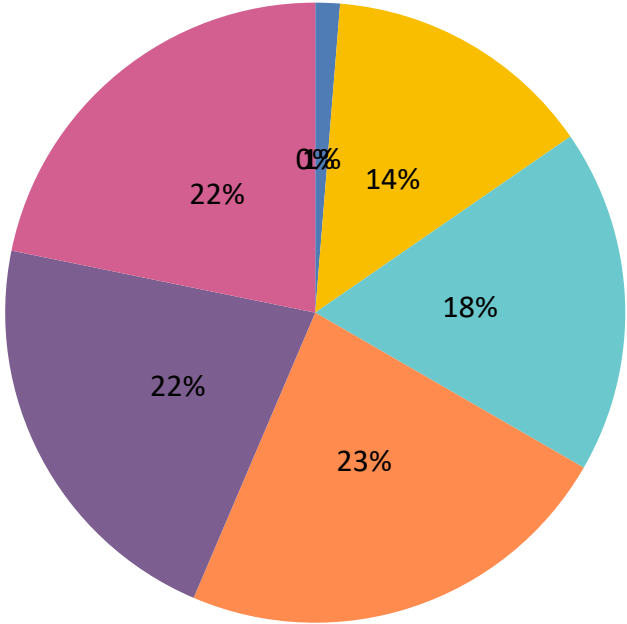


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	0%	2.56%	6.41%	20.51%	30.77%	39.74%	87	5.99

Q5: I consciously express gratitude daily.

Answered: 87 Skipped: 0

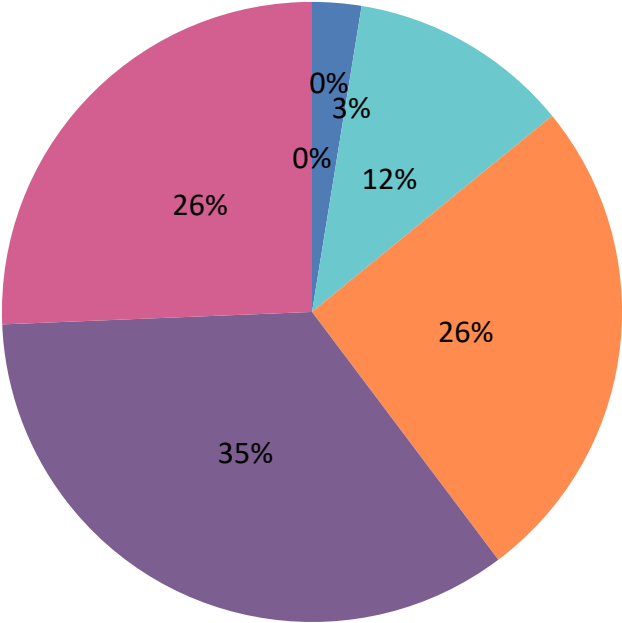


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	1.28%	14.10%	17.95%	23.08%	21.79%	21.79%	87	5.15

Q6: I am optimistic, and I believe the events that have occurred in my life have been positive lessons for me.

Answered: 87 Skipped: 0

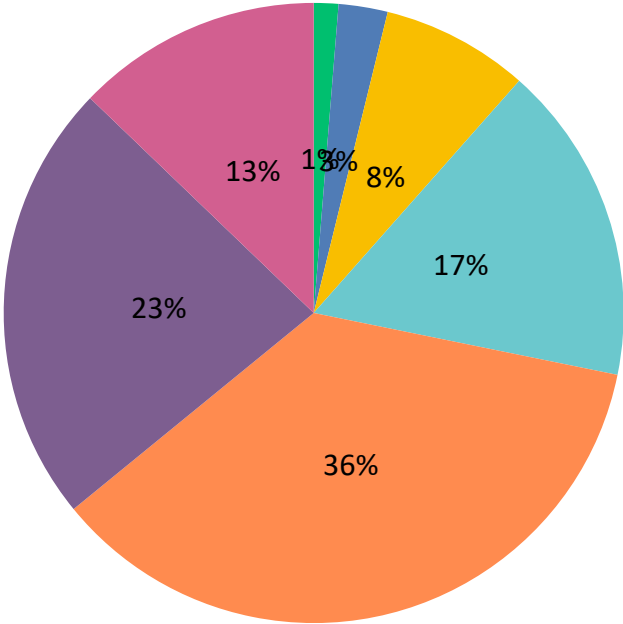


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👤	0%	2.56%	0%	11.54%	25.64%	34.62%	25.64%	87	5.67

Q7: I bounce back quickly from setbacks and disappointments.

Answered:87 Skipped: 0

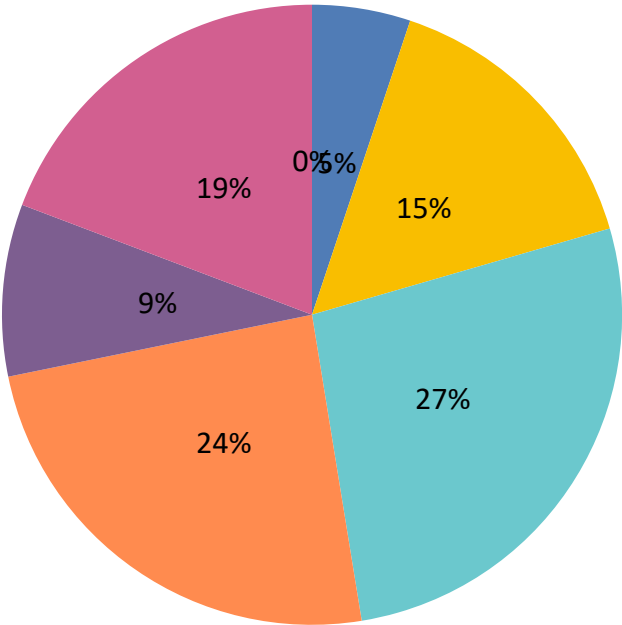


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	1.28%	2.56%	7.69%	16.67%	35.90%	23.08%	12.82%	87	5.04

Q8: I engage in activities that support my optimal health. (social connections, exercise, nutrition, relaxation)

Answered: 87 Skipped: 0

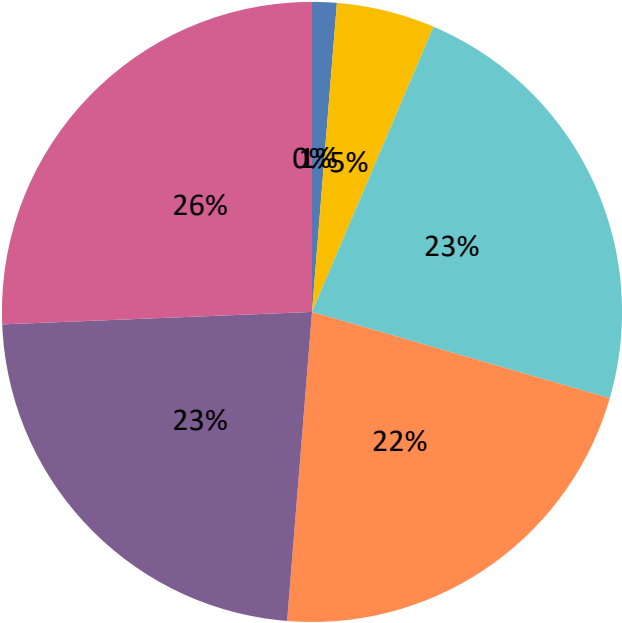


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👤	0%	5.13%	15.38%	26.92%	24.36%	8.97%	19.23%	87	4.74

Q9: I am mindful of my thoughts, feelings and body sensations

Answered: 87 Skipped: 0

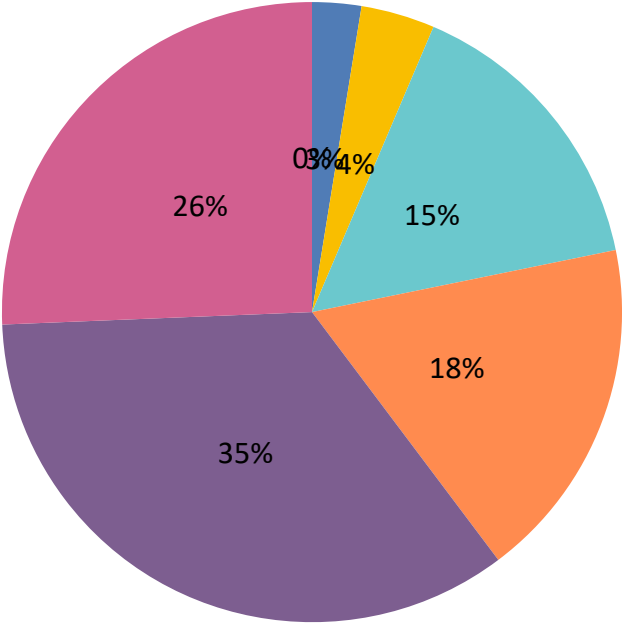


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👍	0%	1.28%	5.13%	23.08%	21.79%	23.08%	25.64%	87	5.37

Q10: I am self-motivated to accomplish my goals (desires, wants and needs)

Answered: 87 Skipped: 0

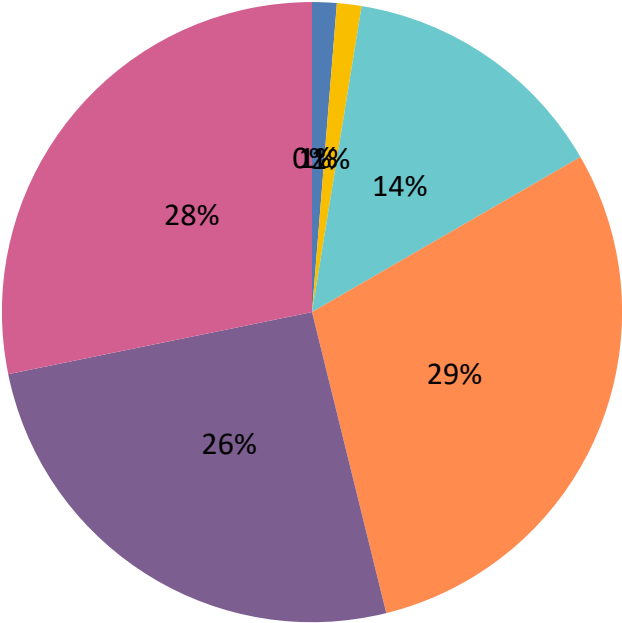


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	2.56%	3.85%	15.38%	17.95%	34.62%	25.64%	87	5.55

Q11: My values, beliefs and passions are fully expressed in what I do.

Answered: 87 Skipped: 0

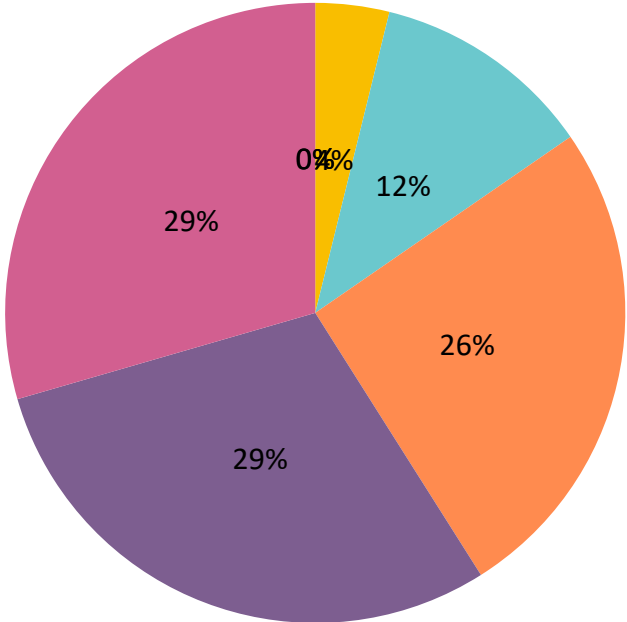


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👤	0%	1.28%	1.28%	14.10%	29.49%	25.64%	28.21%	87	5.62

Q12: I meet my commitments and have continued to give 100% of my energy in everything I do

Answered: 87 Skipped: 0

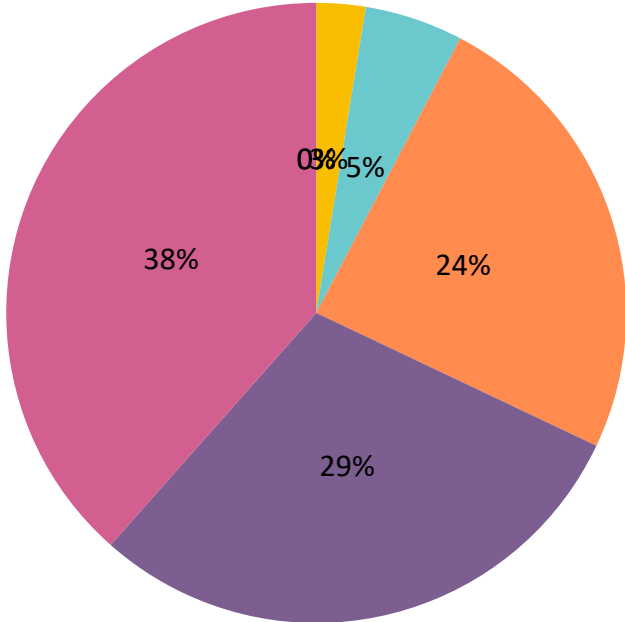


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	0%	3.85%	11.54%	25.64%	29.49%	29.49%	87	5.69

Q13: I create a collaborative environment where ideas can be expressed and explored openly

Answered: 87 Skipped: 0

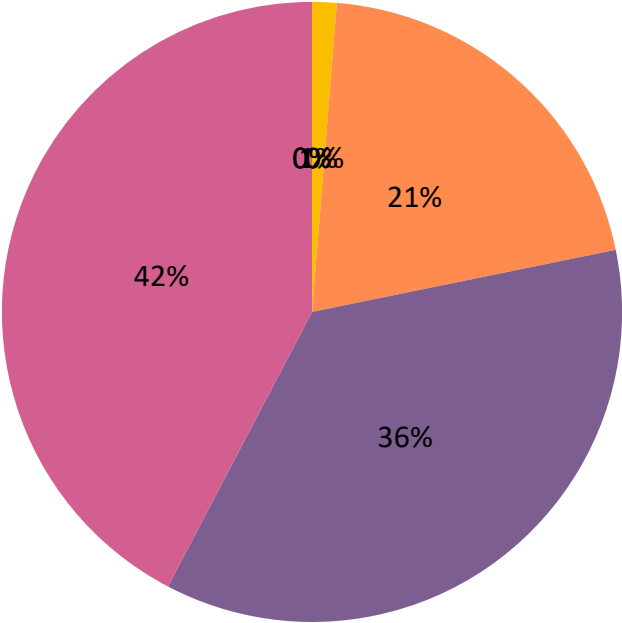


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👤	0%	0%	2.56%	5.13%	24.36%	29.49%	38.46%	87	5.96

Q14: I consistently treat others with fairness and equality

Answered: 87 Skipped: 0

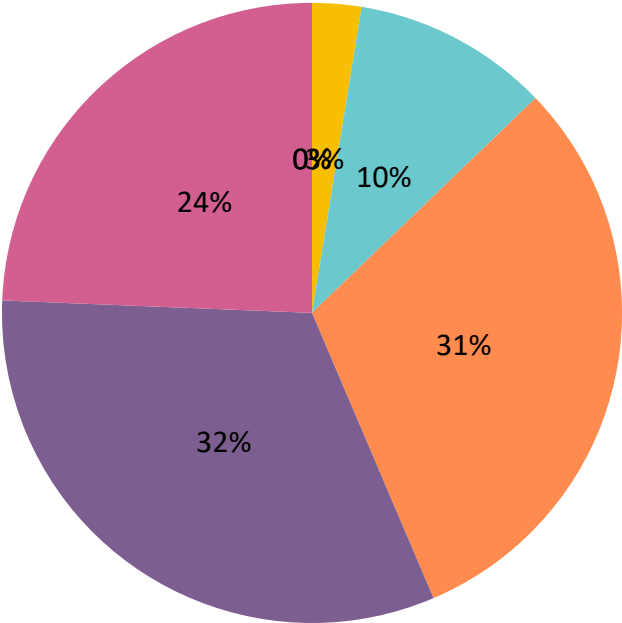


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	0%	1.28%	0%	20.51%	35.90%	42.31%	87	6.18

Q15: I carefully choose my verbal and nonverbal communication so it can be clearly understood

Answered: 87 Skipped: 0

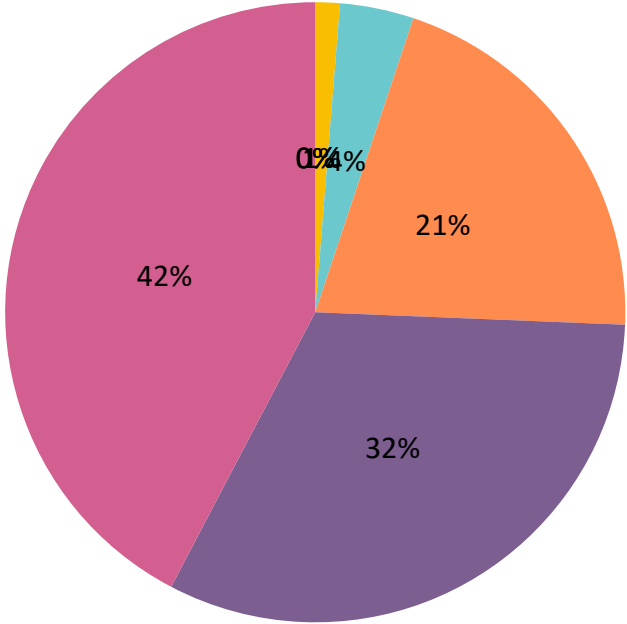


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	0%	2.56%	10.26%	30.77%	32.05%	24.36%	87	5.65

Q16: I am responsive to the feelings, thoughts and experiences of another's suffering.

Answered: 87 Skipped: 0

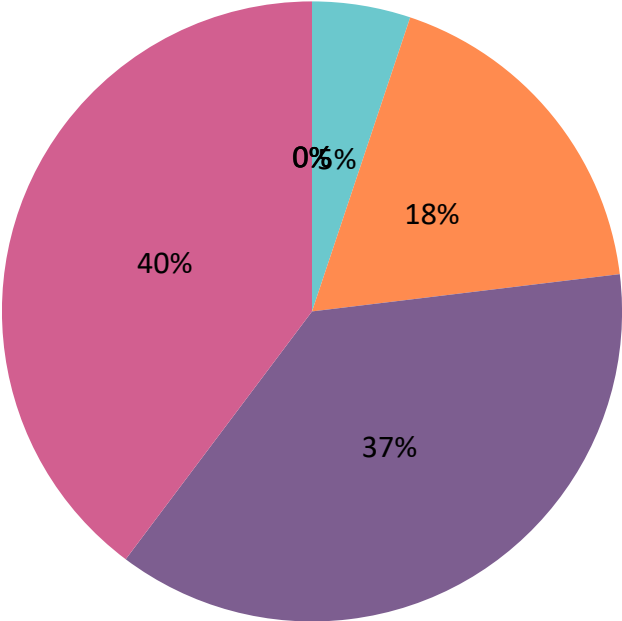


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	0%	1.28%	3.85%	20.51%	32.05%	42.31%	87	6.10

Q17: I make time to be present when others are in need.

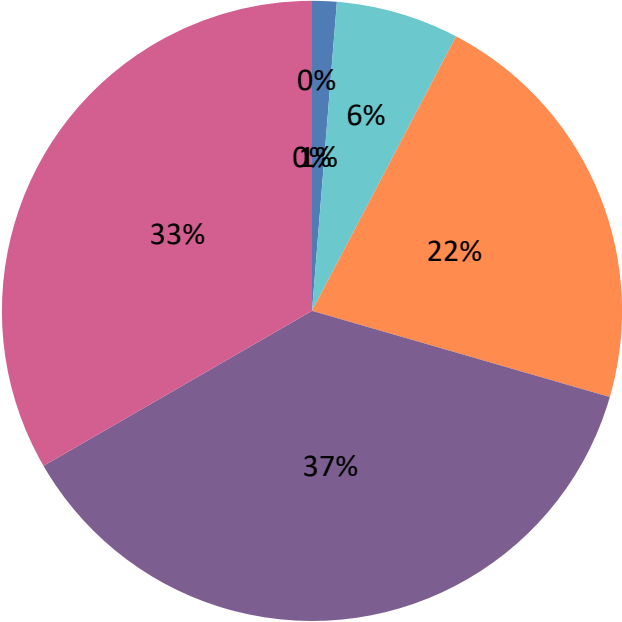
Answered: 87 Skipped: 0



	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👍	0%	0%	0%	5.13%	17.95%	37.18%	39.74%	87	6.12

Q18: I make a conscious effort to care and support others mentally/physically/emotionally and/or spiritually

Answered: 87 Skipped: 0

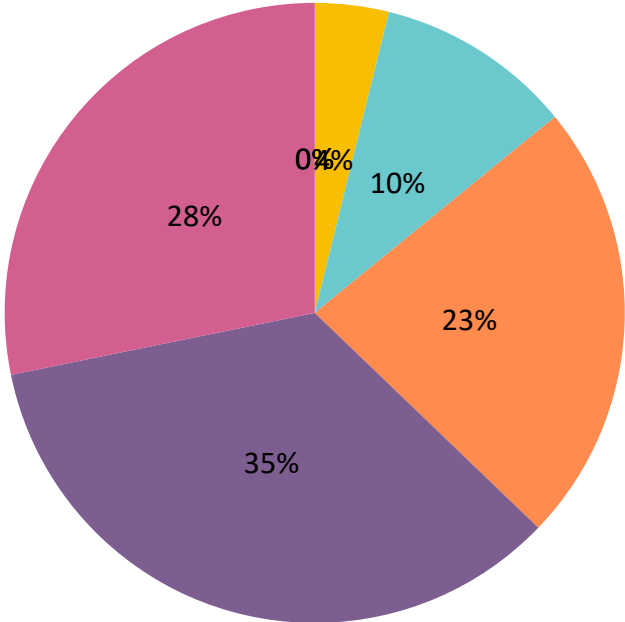


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	1.28%	0%	6.41%	21.79%	37.18%	33.33%	87	5.94

Q19: I am brave and have stood up when someone was bullied or treated disrespectfully

Answered: 87 Skipped: 0

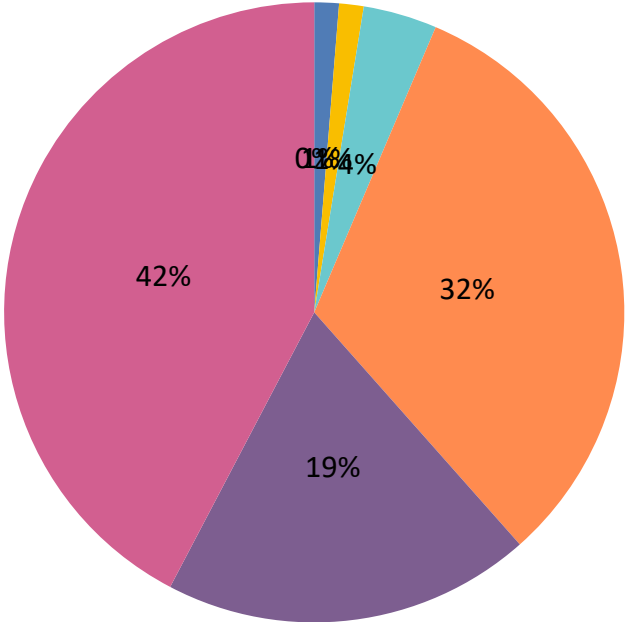


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👤	0%	0%	3.85%	10.26%	23.08%	34.62%	28.21%	87	5.73

Q20: I am determined to accomplish a task at hand and finish what I have started

Answered: 87 Skipped: 0

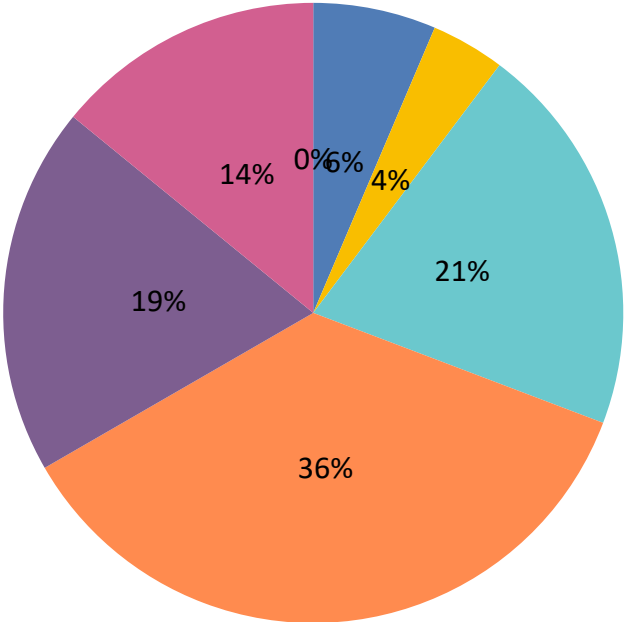


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👍	0%	1.28%	1.28%	3.85%	32.05%	19.23%	42.31%	87	5.94

Q21: I am fearless and willing to take safe risks to innovate and discover untapped potential

Answered: 87 Skipped: 0

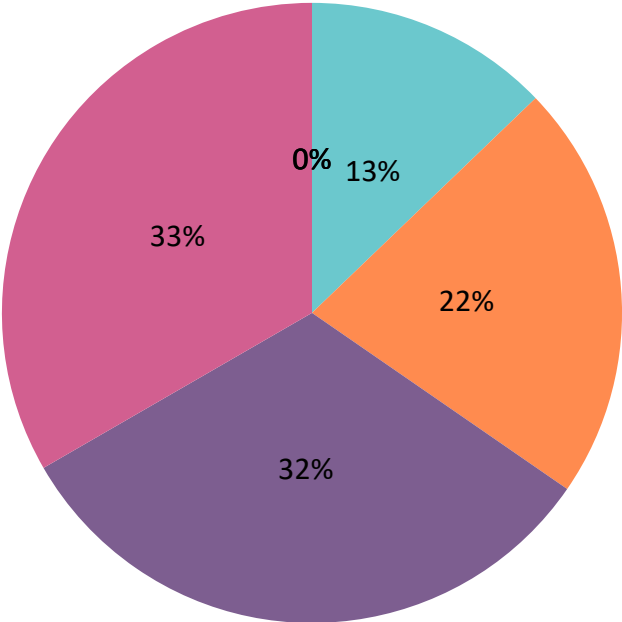


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	6.41%	3.85%	20.51%	35.90%	19.23%	14.10%	87	5

Q22: I try to make others feel they belong in my circle of friends by welcoming them unconditionally

Answered: 87 Skipped: 0

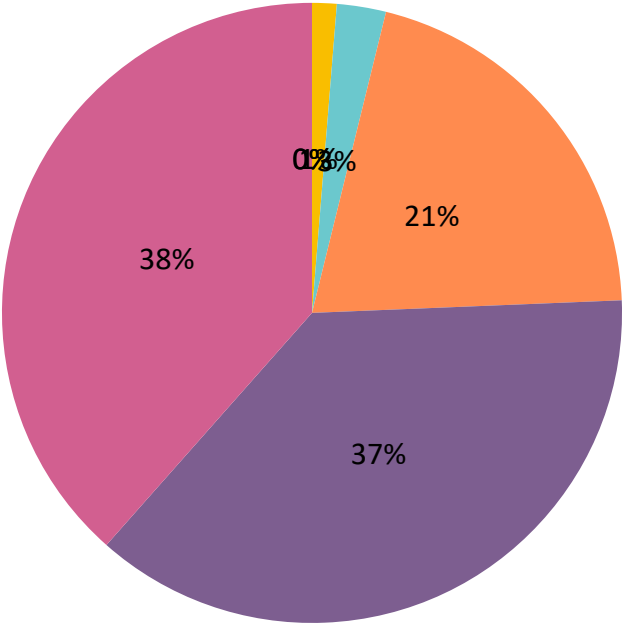


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👍	0%	0%	0%	12.82%	21.79%	32.05%	33.33%	87	5.86

Q23: I ensure others feel psychologically and physically safe when they are with me

Answered: 87 Skipped: 0

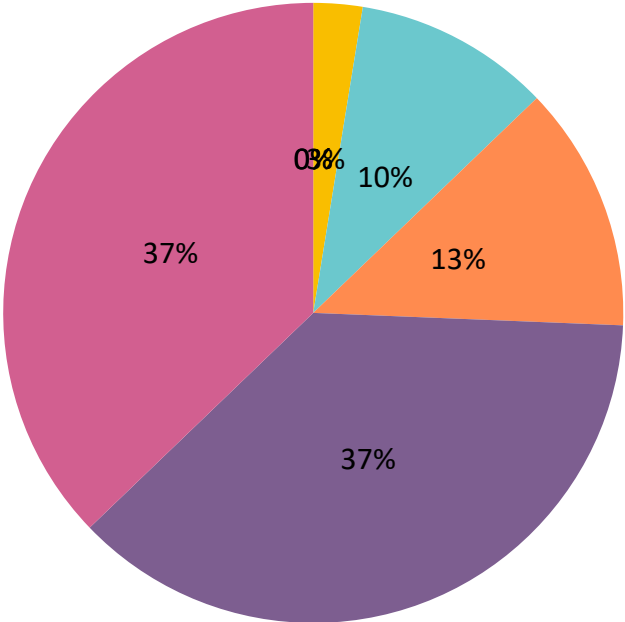


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👍	0%	0%	1.28%	2.56%	20.51%	37.18%	38.46%	87	6.09

Q24: I practice nonjudgement by being open-minded towards diverse individuals and differing ideologies

Answered: 87 Skipped: 0

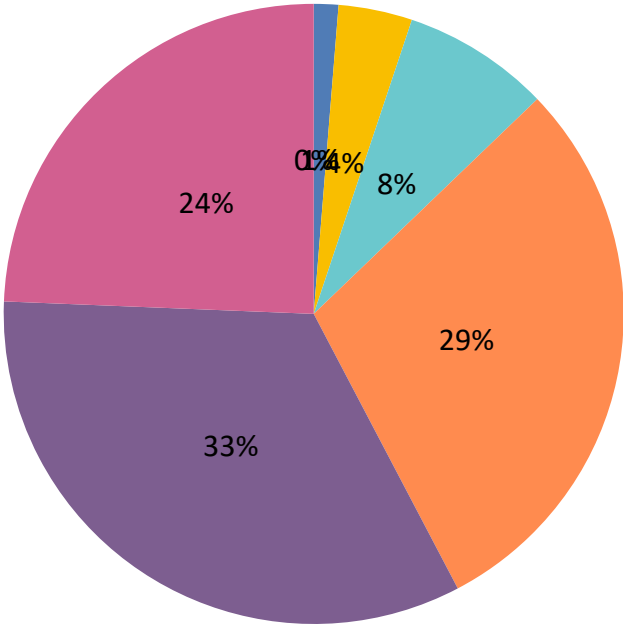


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👍	0%	0%	2.56%	10.26%	12.82%	37.18%	37.18%	87	5.96

Q25: I make positive contributions to move plans forward successfully (volunteerism, community, work, family etc.)

Answered: 87 Skipped: 0

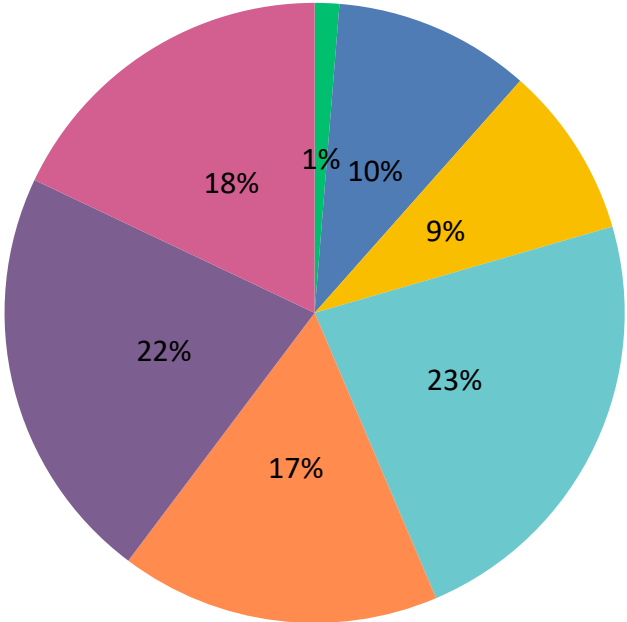


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	1.28%	3.85%	7.69%	29.49%	33.33%	24.36%	87	5.63

Q26: I generously volunteer my energy/time/talent and/or finances to others locally or globally

Answered: 87 Skipped: 0

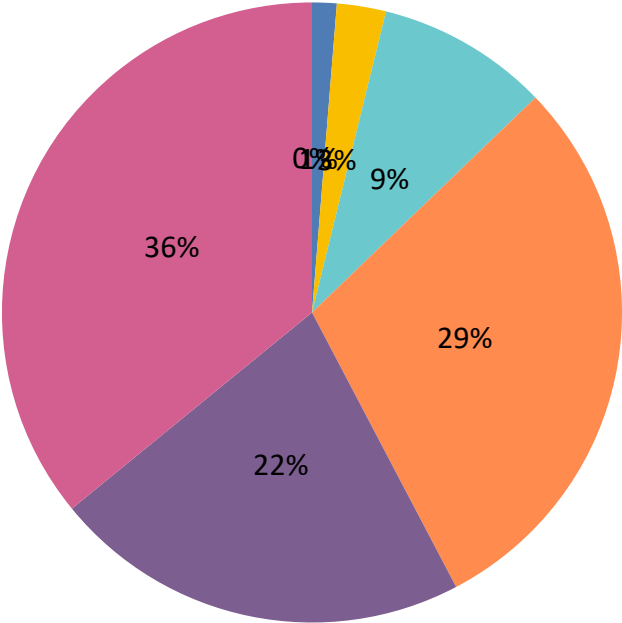


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👍	1.28%	10.26%	8.97%	23.08%	16.67%	21.79%	17.95%	87	4.81

Q27: When I have received kindness from others, I pay-it-forward to someone else

Answered: 87 Skipped: 0

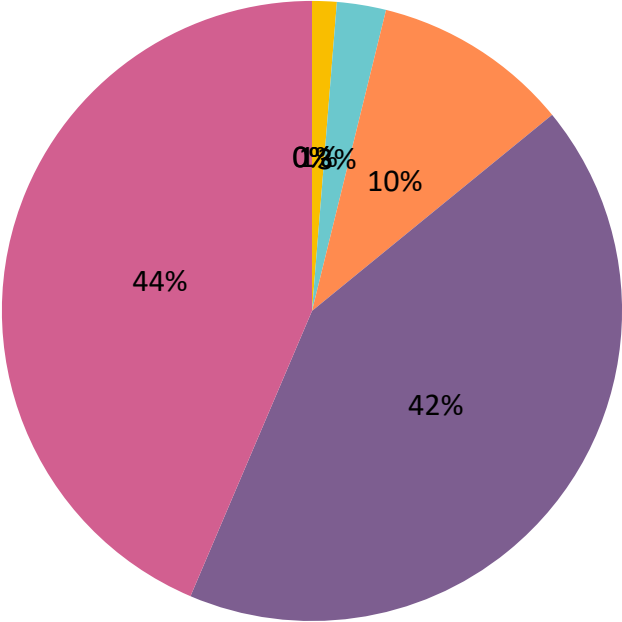


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👍	0%	1.28%	2.56%	8.97%	29.49%	21.79%	35.90%	87	5.76

Q28: I take full accountability for my actions and behaviors

Answered: 87 Skipped: 0

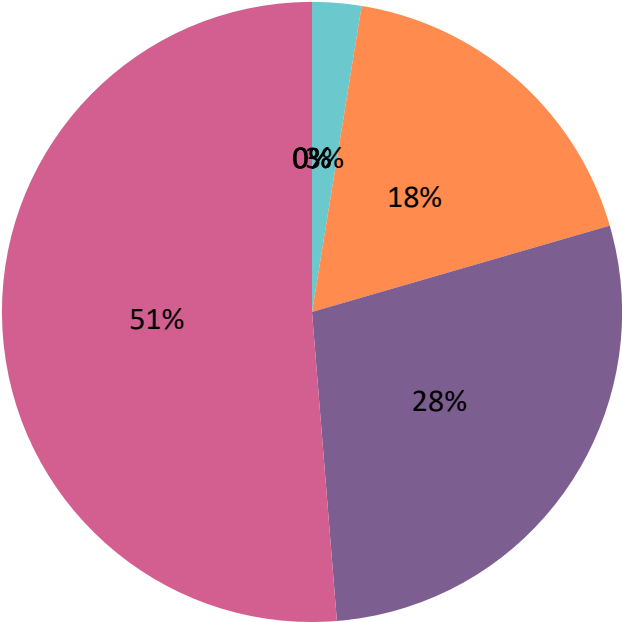


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👤	0%	0%	1.28%	2.56%	10.26%	42.31%	43.59%	87	6.24

Q29: I am reliable (I do what I say I'm going to do)

Answered: 87 Skipped: 0

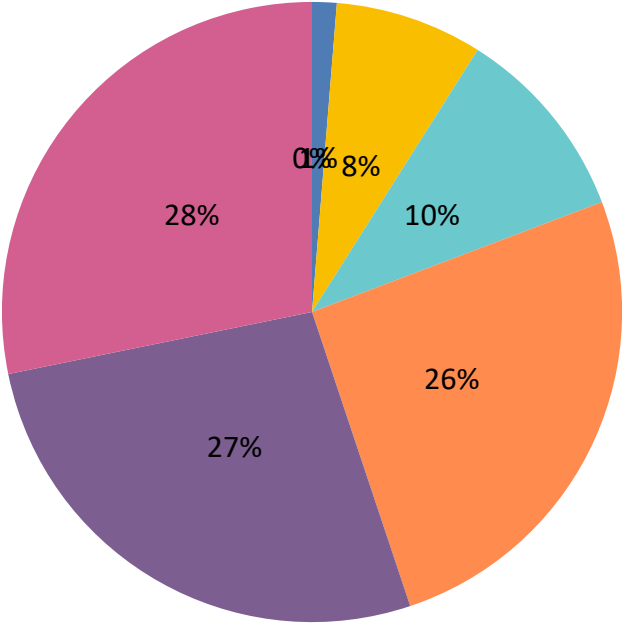


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👍	0%	0%	0%	2.56%	17.95%	28.21%	51.28%	87	6.28

Q30: I make things happen and haven't waited for things to happen to me

Answered: 87 Skipped: 0

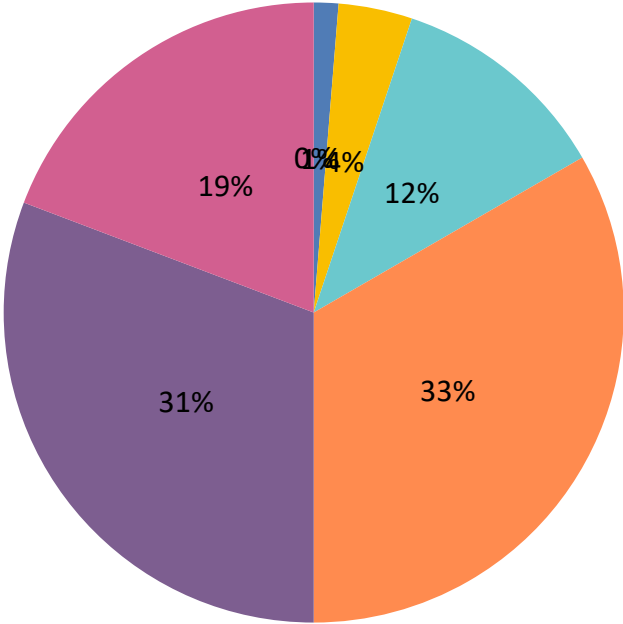


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👍	0%	1.28%	7.69%	10.26%	25.64%	26.92%	28.21%	87	5.54

Q31: I present facts accurately and emotions and perceptions honestly, regardless of who is listening

Answered: 87 Skipped: 0

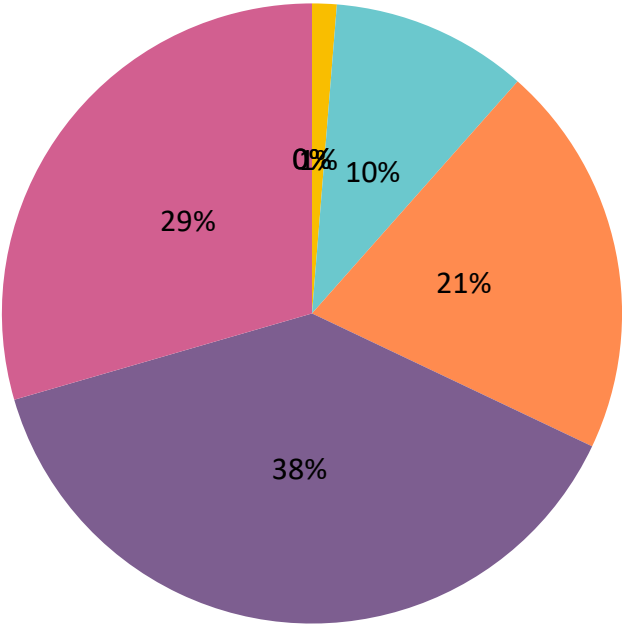


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	1.28%	3.85%	11.54%	33.33%	30.77%	19.23%	87	5.46

Q32: I take the higher ground and choose what is right over what is easy

Answered: 87 Skipped: 0

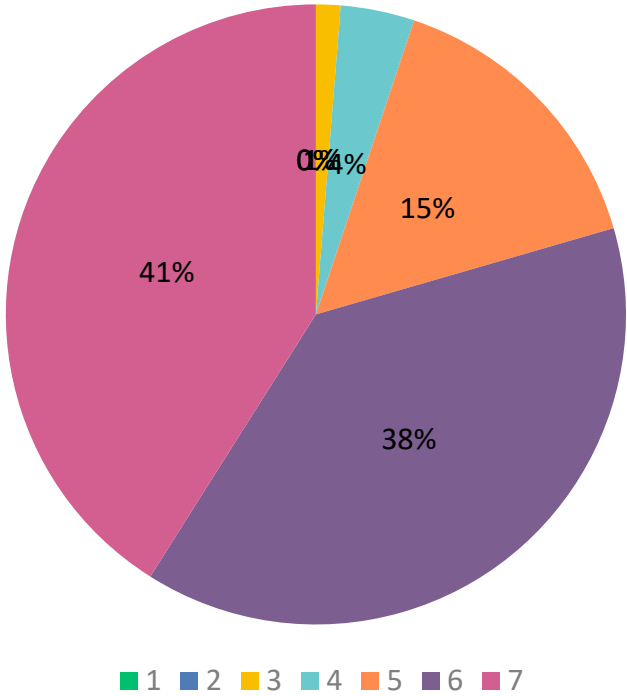


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	0%	1.28%	10.26%	20.51%	38.46%	29.49%	87	5.85

Q33: I take responsibility for that which has been entrusted to my care (people, profit, resources, planet)

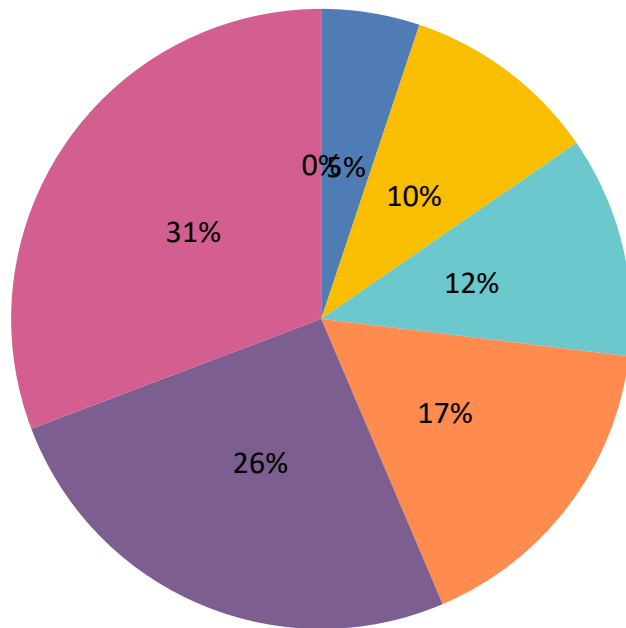
Answered: 87 Skipped: 0



	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
👍	0%	0%	1.28%	3.85%	15.38%	38.46%	41.03%	87	6.14

Q34: My community of peers is a diverse group. They are a mix of culture, gender identity, age, sexual orientation, faith, political affiliation, and socio-economic status, etc

Answered: 87 Skipped: 0

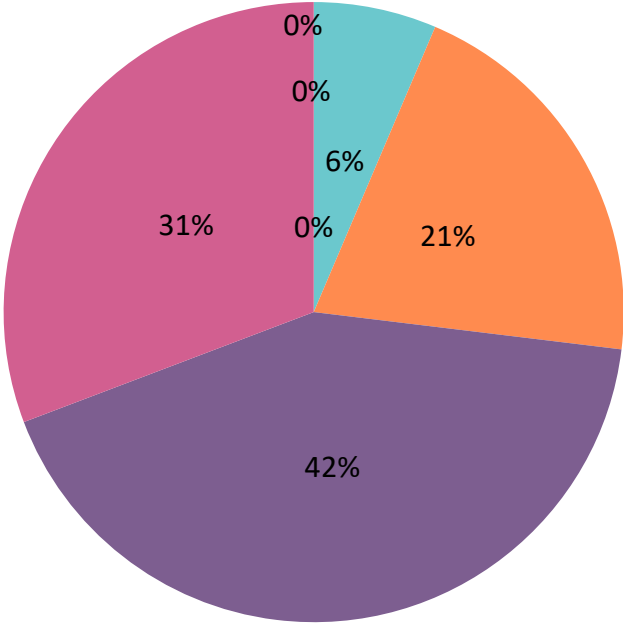


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	5.13%	10.26%	11.54%	16.67%	25.64%	30.77%	87	5.40

Q35: I am respectful; I make every individual feel they are valued and heard

Answered: 87 Skipped: 0

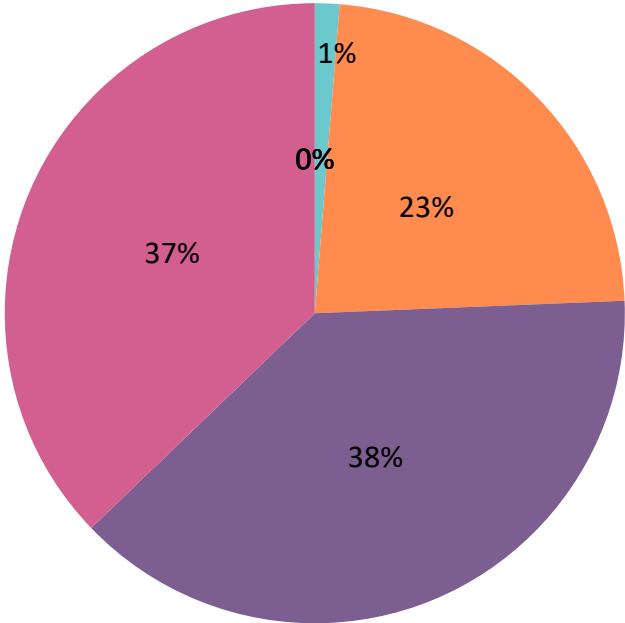


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	0%	0%	6.41%	20.51%	42.31%	30.77%	87	5.97

Q36: I listen and try to understand points of view different from my own; even ones I may not agree with

Answered: 87 Skipped: 0

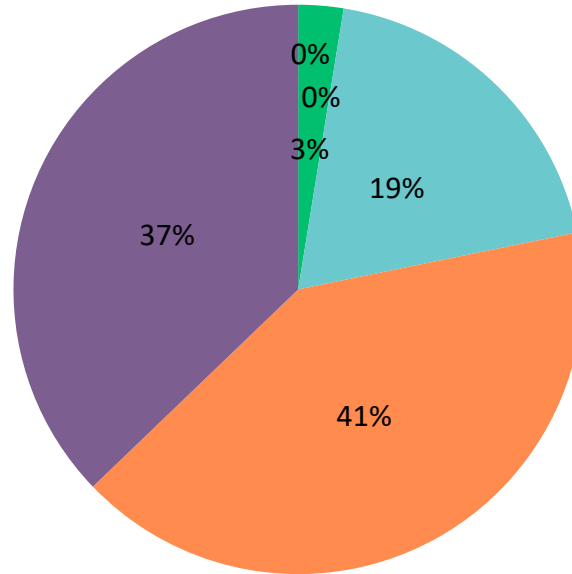


1 2 3 4 5 6 7

	1	2	3	4	5	6	7	TOTAL	WEIGHTED AVERAGE
	0%	0%	0%	1.28%	23.08%	38.46%	37.18%	87	6.12

Q37: When was the last time you committed a conscious act of kindness?

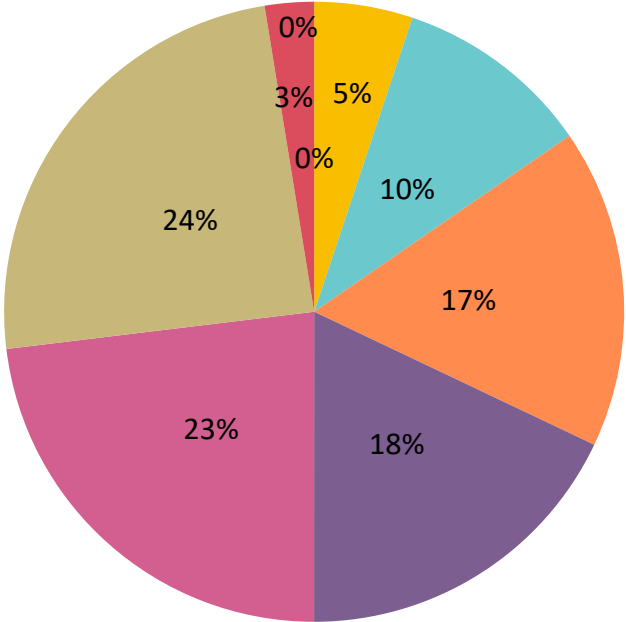
Answered: 87 Skipped: 0



- Can't remember the last time
- Sometime in the last year
- Within the last six months
- Within the last month
- Within the last week
- In the last 24 hours

Q38: Your Age.

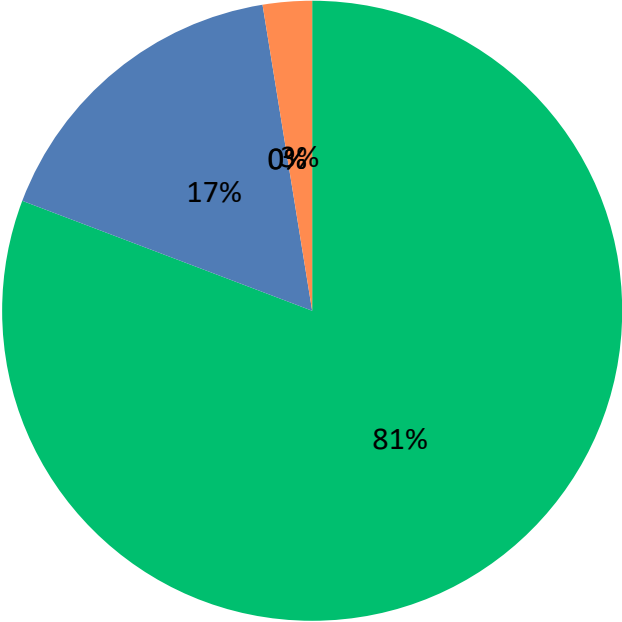
Answered: 87 Skipped: 0



■ 15-18 (yrs) ■ 19-25 ■ 26-30 ■ 31-35 ■ 36-40 ■ 41-45 ■ 46-55 ■ 56-65 ■ 66+

Q39: How do you identify?

Answered: 87 Skipped: 0



Female Male Transgender Non-Binary I choose not to disclose

Q40: The industry I currently work in is:

Answered: 87 Skipped: 0

